**PANTHERS UNITED AGAINST BULLYING! PANTHERS DON’T BULLY….THEY ROAR!**

**Introduction**  
After watching the video “Locker”, think about this:

* About 5.7 million young people in the United States have admitted to being a bully, say they have been bullied, or both.
* Bullying can be verbal or non-verbal.
* Bullying can be physical or non-physical.
* Bullying can be direct, like hitting, teasing, back-locking, or making threats.
* It can also be indirect, like leaving people out, or spreading stories.
* A bully might be one person acting alone.
* Bullying sometime occurs when a clique or group of people pick on someone out of a need seem more cool.

**Now think about this:**  
Did you ever hear the saying,

**“Sticks and stones can break my bones, but names can never hurt me.”**

Has anyone heard a different version of this saying?

**“Sticks and stones can break my bones, but names can REALLY hurt me.”**

Which is truer?  Think about your experiences.

* Have you ever had someone say something to you that hurt your feelings?
* Has someone ever hurt you physically or tried to scare you?
* Have you ever hurt someone by something you said or did?

I USED TO BE A BULLY by Anonymous

When I was younger, I used to be a bully. I'd bully people because I did not believe in myself at all. I thought the only thing I was good at was making other kids feel bad. I bullied others to try and make myself feel a tiny bit better about myself. It would make me feel powerful and in control for a few minutes.   
  
I don't want to be that kind of person anymore, but people around me still think of me as the girl who says cruel things about others. I feel I will forever be known as a bully. And I regret it so much because it is wrong. It breaks my heart to know that people would have cried and shed tears because of me. The words I said! I hurt so many people!  
  
I want so much to be a nice person that people like and respect. I don't want to be the bully. I don’t want people to think of me that way, but in the minds of so many people that is what I am. I’d turn down $100,000 if it could take back the horrible things I said and did.

Take a look at this photo. What do you see? What do their faces tell you? NOW TRY THIS:

1. ***Under the photo, write down an insulting statement or action you may have seen, heard or done to another person.***
2. ***Now share the statements with the class.***
3. ***Each time you hear an insulting statement or hear of an unkind action, crumble up the picture.***
4. ***Smooth out, and then re-crumple the photo with each insult.***
5. ***After the last insult, really try to smooth out the paper.***
6. ***Now take a look at your photo.***

***If this photo had been real people, and you had said all those things to them, these are the scars you would leave. The people would not be smiling and happy. That person would never feel the same, no matter how many times you tell them you are sorry, no matter how many times you try to smooth things out.***

* ***What does this tell us about insulting or bullying? Bottom line: When you bully someone, you may be responsible for real harm to a person. You are also harming yourself, because you will have to remember that you are a person who has done this to someone else. When you bully, you lose self-respect and the respect of others.***



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