

How Bullies Pick Their Target

Lesson 5, Student Activity 1

Generally speaking, bullies will:

1. Pick on people who appear to not have a supportive, energetic, positive group of friends, and who is somehow perceived as “different” than the norm (i.e. overweight, quiet/shy, has a different religion or heritage, stutters, etc.)
 - Why would a bully pick this type of person?

2. Evaluate whether or not they can bully that person successfully without getting caught.
 - How does the use of the Internet and cell phones make it easier for someone to feel success as a bully?

3. After deciding who to bully, the bully chooses the characteristic that their target is sensitive about and then will start the bullying behavior.

Read the following statement and explain what it means. (Make sure you explain what it means to be vulnerable):

Bullies don't pick on everyone who is short, wears glasses, isn't good at sports, or is part of a particular group (ethnic background, religion, gender, etc). They evaluate whether or not they can bully someone, and then they pick on those who look undefended or vulnerable.