

Titan Time: The Power of Words



What is bullying?

Is this bullying?



The real definition of bullying:

Repeated Behavior Overtime

or Severe Behavior

Feeling Powerless

Mostly Peers

Bullying is NOT present when...

- two peers argue about differing opinions or desires.
- there is **no** imbalance of power.
- the yelling, arguing, or name-calling comes from both sides.
- the forceful action was an accident – like accidentally running into someone in the hallway.

4 Types of Bullying

Physical

Emotional

Social

Cyber



Take the [Survey!](#)

Cyber Bullying

Here's one guy's opinion on how to handle cyber bullies.

Do you agree?

What are some other strategies you could use to handle cyber bullies?

Are you a cyber bully?

- **How would you answer these questions?**
 - Have you shared an embarrassing secret about someone?
 - Have you sent or posted an image of someone that might embarrass them?
 - Have you used profanity or angry language with someone who may be intimidated by you?
 - Have you used a cell phone to spread malicious gossip, rumors, and lies?
 - Have you sent mean messages or threatened someone on social media or text?
 - Have you created a website to embarrass or humiliate someone?

If you answered, "yes," to any of these, then you are part of the issue.



*These things don't
happen at Centennial.*

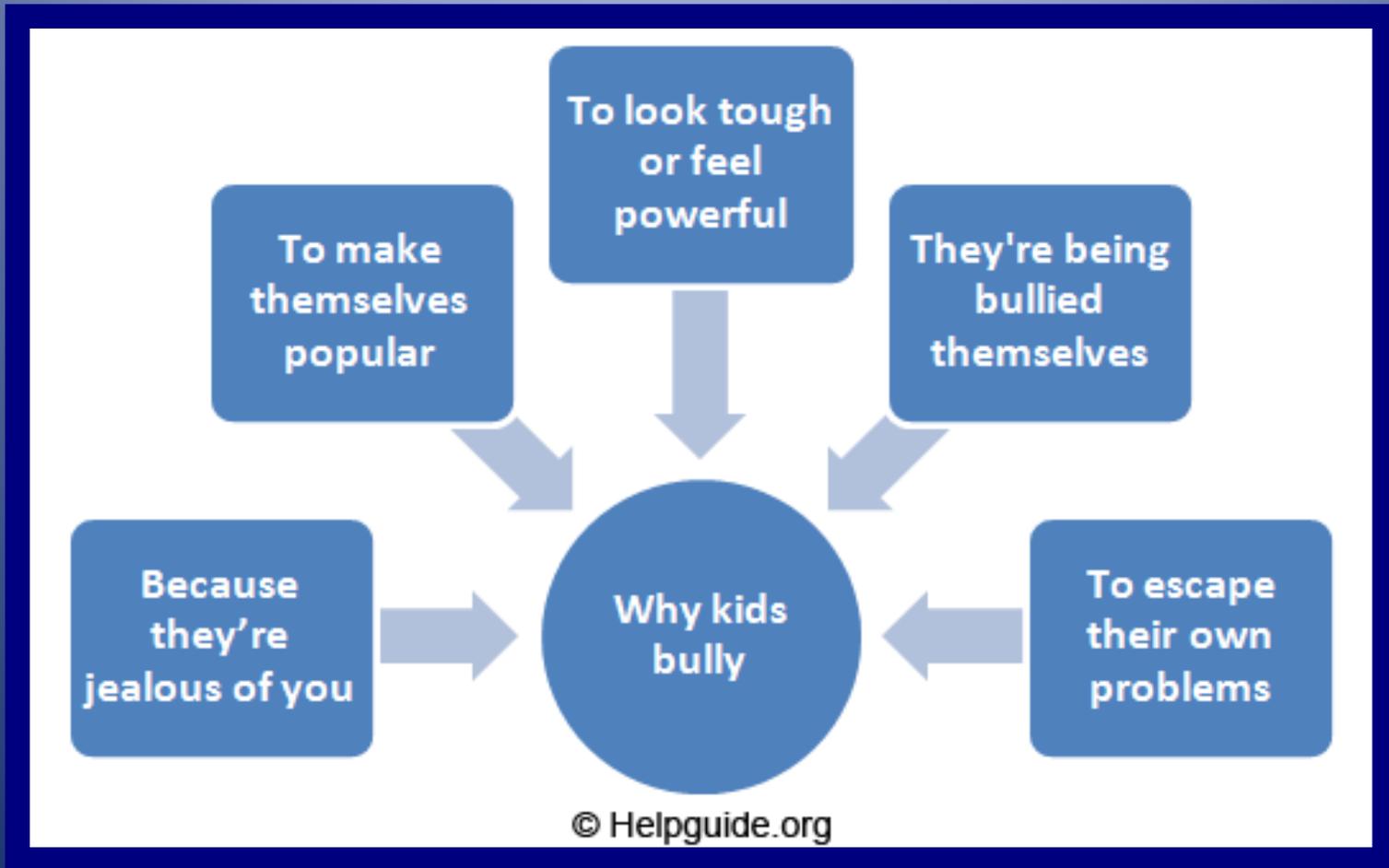
**We are
making a big
deal out of
nothing...**

**Some people
need to grow a
thicker skin!**

The Truth Is...

- Each day an estimated 160,000 students in the USA refuse to go to school because they dread the physical and verbal aggression of their peers.
- Even though suicidal thoughts happen for a combination of reasons, studies show that bullying can increase depressive emotions.
- Some of your peers are fighting this exact battle...today.

Why Do Bullies Bully?



Need Help Now?

- Texas Teen Helpline
972-233-8336

www.teencontact.org

- Choose to Care
Report bullying

www.choosetocare.com

- Blue Dot Teachers
 - Counselors
 - Principals
- FISD App – report bullying



SO, WHAT CAN YOU DO?

Report the incident to an adult you trust.

There's a difference between "tattling" and "reporting" an incident.

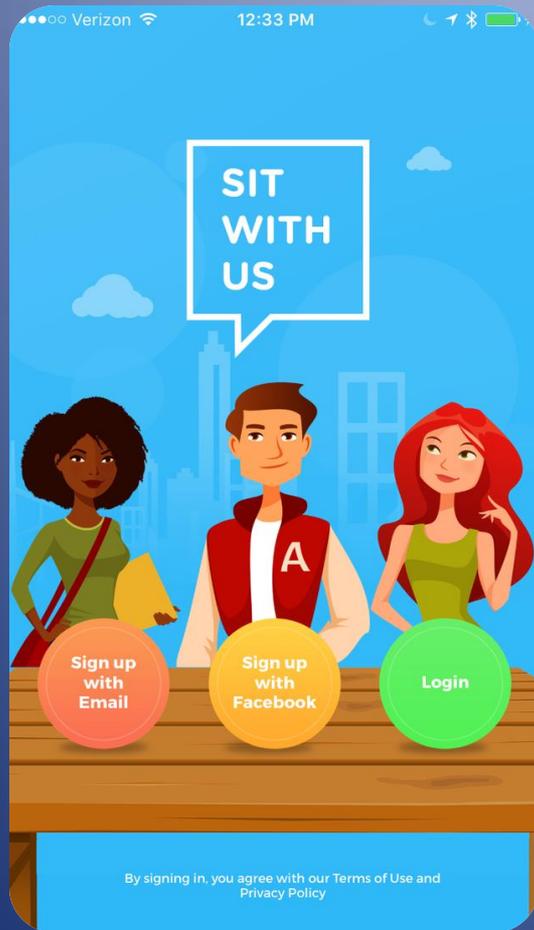
If you don't, who will?

Set an example, start a trend.



Focus on the **GOOD!**

Positive Impacts

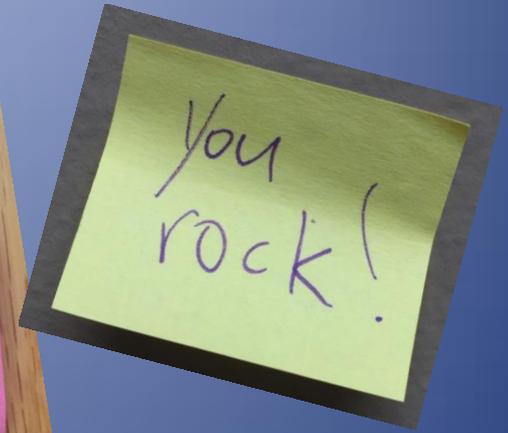
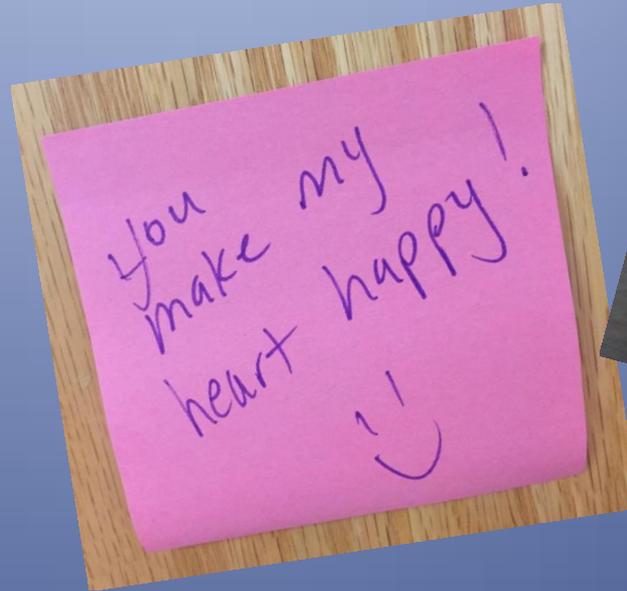


Will you make sure that no Titan has to eat lunch alone?

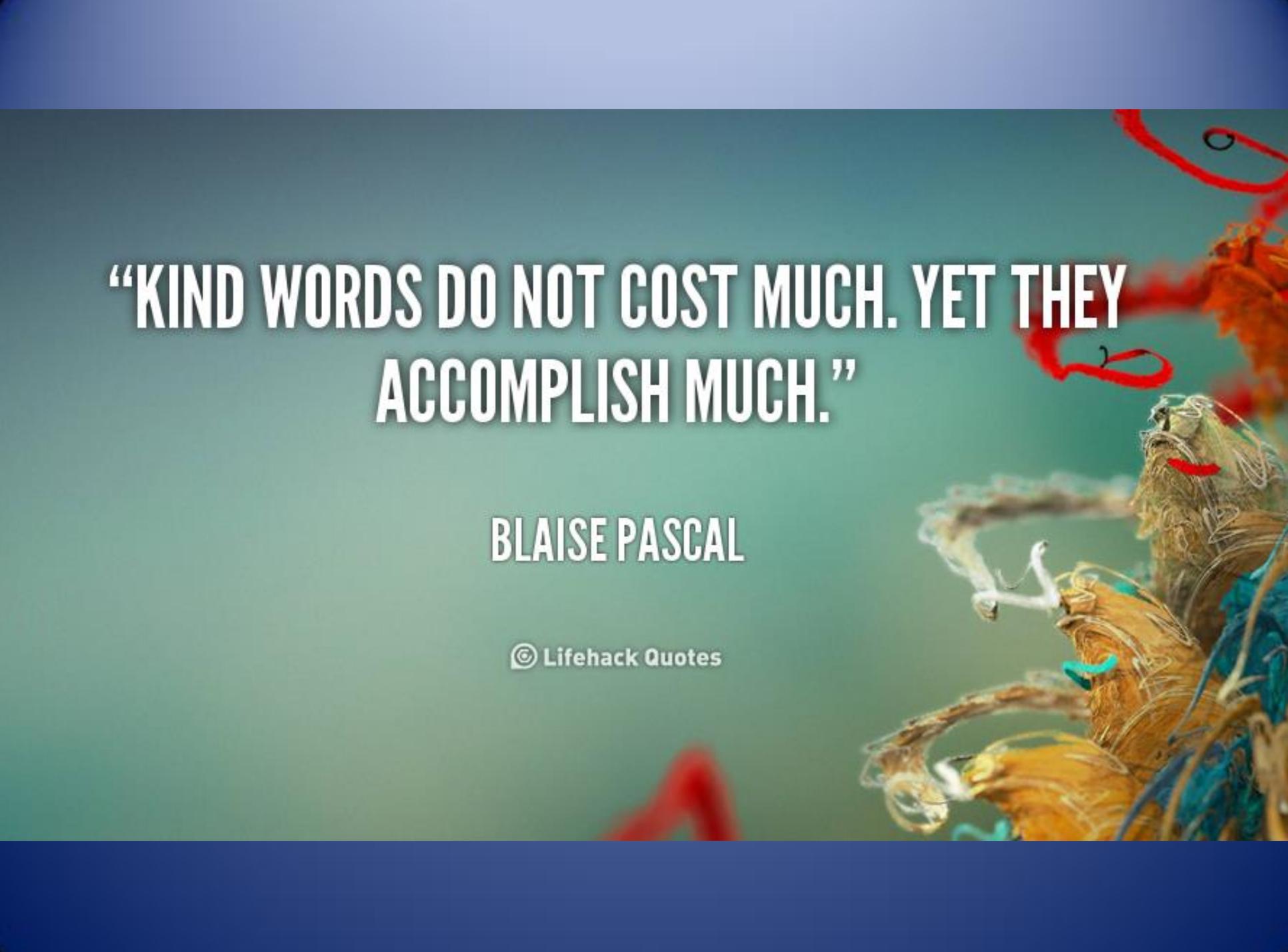
People are not going to ask to sit with you. So, invite them.

Positive Post-It Note Challenge:

- Take two post-its, and write a positive message on each one.
- Either give the note to a peer, teacher, or staff member.
- Or post the note on a door, locker, window, or mirror.



- Post a picture of your positive message to @Cen10titans.
- Use the hashtag: #powerofwords



**“KIND WORDS DO NOT COST MUCH. YET THEY
ACCOMPLISH MUCH.”**

BLAISE PASCAL

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