



### The Bully Coach Guide to Spotting and Stopping Bullying at Your Camp: QUICK TIPS for Counselors

BULLYING is any intentional hurtful act, committed by one or more persons against another. Bullying occurs when there is an imbalance of power between a bully and a victim. The main types of bullying include:

**Physical** — punching, hitting, shoving, stealing personal things, or getting into someone's personal space when asked not to.

**Verbal** — name calling, hurtful teasing, taunting, unwanted nicknames, gossiping

**Relational** — exclusion, humiliation, blackmailing, manipulating friendships

Who are the "bullies"? Bullies are often smart, popular, well-liked, and have good social skills. They may look like leaders and be liked by counselors and other campers, but bullies lack empathy. The "victims" on the other hand show some vulnerability that makes them easy targets. As a counselor, you need to be aware of those kids that may be left out or have a difficult time fitting in or making friends.

As a counselor, your role is to be a hero! You need to discuss camper rules and role model the behavior that you ask them to follow. Let campers know that bullying is unacceptable and won't be tolerated. Do not play favorites with some campers since that would show them that it is okay to "exclude" others. Bullying usually occurs in places when counselors are not around, so it is important to make bullying a regular topic of discussion with your campers on a weekly basis at a minimum, so they know you take it seriously.

When a counselor observes bullying of any kind, they must intervene by stepping in and separating the children involved. **Support the victim**, and report any bullying behavior to your leadership team immediately. Teach your campers to be a real "caring" community and let you know when they see someone left out, teased, or upset by someone else. Teach campers the difference between **reporting**: getting kids out of danger and into safety and **tattling**: telling on others with the intent to get someone in trouble. When a camper reports that he or she is being picked on, support him or her and keep an eye on the situation.

When you **role model** to your campers that you want them to be heroes themselves and step in to help another camper or find a counselor when there is a bullying problem, you have done a great job! Campers follow your actions much more than they follow your words. Make camp a place where everyone feels valued by how you bring everyone together.

This guide is a summary of some important information found in the "Bully Coach Counselor Guide" ([http://www.respectu.com/programs/camp/program\\_options.htm#BullyCoachGuide](http://www.respectu.com/programs/camp/program_options.htm#BullyCoachGuide)).