

*BULLIES USE LOTS OF  
WAYS TO PROTECT  
THEMSELVES*

**BULLIES HAVE THE SUPPORT OF NON-ABUSED PEERS. THEY USE THIS STATUS TO DIMINISH THE HARM THEY ARE DOING**

**BULLIES WILL CLAIM TO BE PLAYING OR FIGHTING BUT THEY ARE REALLY JUST BEING ABUSIVE AND REJECTING OF THEIR VICTIM**

**IF THE BULLY HAS A REPUTATION FOR SCHOOL OR SPORT ACHIEVEMENT THEY WILL USE THIS TO HIDE THEIR BULLYING BEHAVIOUR FROM THOSE IN AUTHORITY**

**BULLYING BEHAVIOUR IS USUALLY DONE IN SECRET OR IN LOCATIONS WHERE THE BULLY WILL NOT BE SEEN**

**BULLIES GATHER A SELECT GROUP AROUND THEM AND USE THIS MEMBERSHIP TO EXCLUDE OTHERS AND GANG UP ON VICTIMS**

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INFORMATION IN THIS BROCHURE IS BASED ON  
SUBSTANTIAL RESEARCH BY THE AUTHOR

Bullywatch is a program of intervention which enables children, young people ,parents, teachers and the community to learn more about bullying, and protection of victims. Bullywatch is based on the premise that bullies are engaging in abusive behaviour , not reciprocal fighting or playing. For this reason, the focus of the program of resources is based on skilling the victim in self protective behaviours . It also has a focus on remediation of bullying behaviour and education of the bully about their harmful attitudes and actions.

ALL RESOURCES AND MANY FREE MATERIALS ARE  
AVAILABLE AT THE WEBSITE

‘CHILDHOOD BULLYING –A DEADLY SERIOUS  
MATTER’ (DR. JEAN HEALEY , 2011) IS AVAILABLE  
THROUGH AMAZON OR AT A DISCOUNT FROM  
THE WEBSITE.

YOUR FEEDBACK IS WELCOME

**BULLY  
WATCH**™



**WHAT WE  
KNOW  
ABOUT  
BULLIES**

**WE KNOW QUITE A LOT ABOUT BULLIES NOW- AND ITS NOT ALL AS YOU WOULD THINK!**

BULLIES ARE NOT LACKING IN CONFIDENCE OR SELF-ESTEEM  
BULLIES OFTEN HAVE HIGH SOCIAL STATUS  
BULLIES ARE NOT ALWAYS BIGGER OR STRONGER THAN THEIR VICTIMS  
BULLIES ENJOY HURTING OTHERS  
BULLIES USE LOTS OF WAYS TO PROTECT THEMSELVES

BULLIES ARE NOT LACKING IN CONFIDENCE OR SELF-ESTEEM

- BULLIES ARE DESCRIBED BY THEIR PEERS AS POPULAR, CLEVER ATTRACTIVE, SPORTY, LEADERS
- THEIR POPULARITY GIVES THEM THE CONFIDENCE AND OPPORTUNITY TO HURT OTHERS
- BULLIES MAY WELL HAVE A PERSONALITY DISORDER
- THEIR BEHAVIOUR IS OFTEN MISTAKEN FOR LEADERSHIP OR STRONG CHARACTER

BULLIES OFTEN HAVE HIGH SOCIAL STATUS

- BULLIES WILL OFTEN BE GIVEN POSITIONS OF POWER OR STATUS AS CAPTAINS OR LEADERS
- BULLIES USE THEIR PERSONALITY TO CONVINCe ADULTS THEY ARE BEING GOOD ROLE MODELS
- BULLYING BEHAVIOUR IS NOT STRONG, IT IS ABUSIVE
- BULLIES NEED NEW BEHAVIOURS

BULLIES ARE NOT ALWAYS BIGGER OR STRONGER THAN THEIR VICTIMS

BULLIES GET THEIR POWER FROM THREATENING ANTI-SOCIAL BEHAVIOUR, REJECTION OR DUPING OF AUTHORITY AND THEIR ABUSIVE WORDS AND DEEDS. SIZE IS NO MEASURE OF THEIR POTENTIAL TO DAMAGE OR HARM OTHERS

BULLIES ENJOY HURTING OTHERS

Bullies can have personality disorders which leave them with a lack of empathy for others, a limited sense of responsibility, poor tolerance of differences and an ability to dominate and direct peers using threats. Young bullies practice their harmful skills and become adept as adult bullies if no-one intervenes. Bullies are not 'playing' or 'fighting' with their victims- they are abusing them.