

Left Out

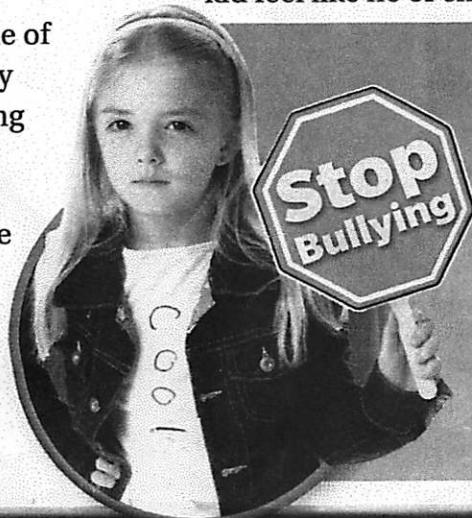
When most kids hear the word *bully*, they think of someone who pushes other kids around on the playground. But a bully can also be someone who tries to make other kids feel left out. Judy, 9, knows that feeling very well.

"At school, some of the students in my class were laughing and whispering about me behind my back," says the fourth-grader from New Hampshire. "Then they started ignoring me at recess.

I felt left out."

What Judy experienced is a type of bullying called **exclusion**. Experts say that exclusion is one of the meanest ways that kids bully each other.

"The goal is to make a kid feel like he or she is alone



and has no friends," says expert Signe Whitson.

Solving the Problem

Being left out isn't an issue just for Judy. Studies show that one in every six kids is bullied at school. Exclusion is one of the top three ways kids are bullied. Name-calling and spreading **rumors** are the other two.

Every kid can help stop the bullying problem. One way that Judy dealt with it was by telling her teacher. Her teacher brought Judy's classmates together to talk about the problem.

Judy also decided to help other kids who were being bullied. "A couple of kids told a girl that she couldn't be in their group," says Judy. "So I asked her to be in my group."

Words to Know

exclusion: the act of leaving someone out

rumors: stories that are often untrue

bystander: someone who sees something happen

If you see someone being bullied, don't be just a **bystander**. Here are some tips on how to help stop bullying:

- Tell an adult.
- Don't support the bully by laughing or joining in.
- Speak up if it's safe. Let the bully know that his or her actions aren't cool.
- Be a friend to the kid being bullied. Invite him or her to join you during lunch or recess, or on the bus.