

Am I being a bully?

Some questions you can ask yourself.

- Do you often use name calling or speak disrespectfully about people?
- Do you often have a defiant or hostile attitude towards others?
- Do you always have to be in control?
- Are you often rough with people, e.g. pushing, shoving or 'mess fighting' in a rough way?
- Do you get angry if things don't go your way?
- Are you often part of arguments or disagreements?
- Do you lack empathy for others? (not thinking or caring about how they feel)
- Do you laugh when someone gets hurt or embarrassed?
- Do you dare or force people to do things they don't want to?
- Do you have a few close friends, but in larger groups people keep away from you?
- Do you pressure people into giving you money or personal items or 'borrow' things but don't give them back?
- Do you often break the rules or push the limits?
- Are you sometimes aggressive towards adults, e.g. your parents, teachers?
- Do you send rude, embarrassing or threatening emails or text messages?
- Do you spread rumours about people?
- Do you make jokes about people based on their race, culture or who they fancy?
- Do you stand on the ringside and laugh when someone else is being bullied?

If you answered yes to many of these things, you have probably been involved in bullying behaviour.

<http://www.barnardos.ie/resources-advice/young-people/teen-help/bullying.html>