

# Mean Girls



You know what a bully is? A Mean Girl (MG) is a form of bullying. While most boys (and some girls) use physical types of intimidation, mean girls know a lot more about

emotions and how to use them to deliberately hurt others through words and intimidation.

They use their words as weapons. MGs are cool and calculating. They may start by making little comments. It is a sick competition for popularity and status using manipulation and fear. The torture from mean girls can go on for days, weeks, months, and years. The effects of mean girls can make the target feel tormented, helpless, and defenseless.

## Is your friend mean?

Are you afraid to be yourself around her?

Is she nice sometimes but other times makes you feel bad?

Do you always do what she tells you to do?

Are you afraid that anything could set her off?

Does she argue with everyone, including teachers and adults, until she gets her way?

Does she constantly make derogatory comments about others? Calling them names and criticizing how they look or act?

Does she make you feel special because you're hanging out with her?

Does she exaggerate her actions in front of others to make a point?

Does she seek revenge when she's wronged?

Do you feel worse after being with her?



SHERIFF LEROY RAVENELL

*A New Day in*

*Orangeburg County!*

(803) 534-3550

[www.orangeburgcounty.org/ocso](http://www.orangeburgcounty.org/ocso)

Facebook - OrangeburgCountySheriffsOffice

Twitter - @OburgSO

## Cliques

Cliques are social groups that appear as a certain hierarchy within the school. They might wear their hair in a certain style, dress in a specific way, and formally invite others to join them at their lunch table. If you're invited you are "in." Quite often it is the cliques who bully.



**Aggressors:** One girl (MG) is clearly the leader and popular. She walks into the room with an entourage and barks orders. She may be two-faced pretending to be interested in someone as a friend, only to lure her into her "game" and

sabotage her.

**Victim:** Mean girls will select someone to bully. The victim rarely knows why she was targeted. It could be because of her class, religion, race, sexual orientation, fashion sense, extracurricular interests, or attitude, or no particular reason.



**Followers/Bystanders/Witnesses:** These girls are the other members of the clique who gather intimidating information about the intended victim and may spread the gossip, alienate, or attack others for the bully - just to say "in."

---

## Types of Bullying

### Physical

HITTING  
PINCHING  
PUSHING  
SHOVING  
KICKING  
POKING  
BUMPING  
TRIPPING  
PULLING HAIR  
SCRATCHING  
BITING

### Verbal

TEASING  
TAUNTING  
NAME-CALLING  
INSULTING  
MIMICKING  
THREATENING  
BLACKMAILING

### Mental

MEAN LOOKS  
RUDE GESTURES  
IGNORING  
SHUNNING/ISOLATING  
TRICKING/MANIPULATING  
EXCLUDING OTHERS  
PICKING ON SOMEONE  
TAKING THINGS  
SPREADING RUMORS,  
LIES, AND GOSSIP  
VERBALLY OR VIA TEXT  
MESSAGE  
FORCE OTHERS TO  
SHARE OR  
DO HOMEWORK  
WAGE HUMILIATION  
CAMPAIGNS