

WHAT IS BULLYING?



BULLYING

- Anything that someone keeps doing in order to make you or someone else feel bad about themselves is bullying.
- Bullying can take place anywhere, both in and out of school, and now on the internet (called cyberbullying).
- Cyberbullying is bullying that takes place over phones, computers, and tablets. This can happen through text, apps, online in social media, gaming, or other places. Social and verbal bullying can all happen online or through the phone.



PHYSICAL BULLYING

- Violent behavior like pushing, stealing, tripping others, spitting
- Destroying someone else's belongings
- Forcing others to do things they don't want to do
- Taking and sharing embarrassing pictures or videos without permission

VERBAL BULLYING

- Mean words, name-calling, rude jokes
- Threats to cause harm or damage
- Sending mean or threatening messages

SOCIAL BULLYING

- Leaving people out of groups and activities
- Making rumors or lies about someone



WHAT TO DO IF YOU ARE BULLIED:



IN THE MOMENT

- **Speak out** (if you can do so safely): Look at the person bullying you and tell them to stop in a calm and firm voice. You can also try to laugh it off as a joke. This works best if joking is easy for you. It could catch the kid bullying you off guard.
- **Walk away and stay away:** Don't fight back. Find an adult to stop the bullying on the spot.
- **Find support:** Ask adults and other kids nearby for support.

LATER OR IN THE FUTURE

- **Talk to an adult you trust:** Don't keep your feelings inside. Someone else can help you feel less alone and help you make a plan to stop the bullying.
- **Stay away from places where bullying happens:** Trust your instincts and if you feel unsafe and you are able to leave, leave the area.
- **Stay near adults and other kids:** Most bullying happens when adults aren't around. Being with others, especially those you trust, can give you the support to stop the bullying.
- **Report the incident:** Figure out if there's a way to report the behavior.



WHAT TO DO IF YOU SEE/HEAR BULLYING:

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- **Speak up** and tell the person bullying to stop, or distract the person by asking either person a question. Not saying anything could make it worse for everyone. The student who is bullying will think it is ok to keep treating others that way.
 - **Invite the person being bullied to join you in leaving.** Help them get out of the situation, and make them feel supported.
 - **Talk to a parent, teacher, or another adult you trust.** Adults need to know when bad things happen so they can help.
 - **Show support for the student being bullied.** Show them that you care by trying to include them. Sit with them at lunch or on the bus, talk to them at school, or invite them to do something. Just hanging out with them will help them know they aren't alone.

BE A FRIEND TO OTHERS

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- **Be careful** about the words you say or the things you do to others. Think about whether it could hurt someone.
 - **Be nicer** to everyone. It can be small acts of kindness like sharing your lunch or asking someone how their day is going.
 - Keep in mind that **everyone is different.** Not better or worse. Just different.
 - If you think you have bullied someone in the past, **apologize and stop doing it.** Change your behavior to make the other person feel comfortable around you again.

Sources:

- <https://www.stopbullying.gov/resources/kids>;
- <https://stopaapihate.org/safety-tips-english/>
- Artwork by [@annecastro.art](#)