

## What You Can Do

### REPORT IT!

- Don't be afraid to tell an adult. Telling isn't tattling!

#### Who should you tell?

- Parent
- Teacher
- School Counselor
- School Nurse
- Coach

#### Be sure to tell them:

-What happened

-Who was bullied

-Where and when it happened

#### Be a Friend to who was Bullied

Being supportive to a person who has been bullied is comforting. It shows that you care. Be a friend and be a buddy on the school grounds, get together after school, include them in activities, walk home or sit with them on the bus.

#### Stand up to the Bully

If you feel comfortable, tell the bully that what they are doing is mean and wrong. Do not bully them back.

#### Spread Kindness

Kind words and give compliments

## Resources

- Call 911
- National Suicide Prevention Lifeline: 1-800-273-8255
- STOMP Out Bullying:  
<https://www.stompoutbullying.org>
- Love Our Children USA:  
[http://loveourchildrenusa.org/kidsteens\\_onlinefefety.php](http://loveourchildrenusa.org/kidsteens_onlinefefety.php)
- GLSEN: The Gay, Lesbian, Straight Education Network: <http://www.glsen.org/cgi-bin/iowa/all/home/index.html>
- Self Injury: 1-800-366-8288
- National Institute on Drug Abuse:  
<http://www.drugabuse.gov/drugpages/>
- National Eating Disorder Association:  
<http://www.nationaleatingdisorders.org/>
- General Teen Issues: 1-800-400-0900
- Stop Bullying:  
<https://www.stopbullying.gov/resources/get-help-now>
- Kids Against Bullying:  
<https://pacerkidsagainstabullying.org/>
- Teens Against Bullying:  
<https://pacerteensagainstabullying.org/>
- Visit your School Counselor

## Bullying: Your Words Matter



"Words can kill... Stop Bullying!"



# What is Bullying?

**Bullying is when someone hurts or scares another person repeatedly.**

**This repeated act includes:**

- **Name calling**
- **Inflicting physical pain**
- **Exclusion**
- **Public Humiliation**
- **Hurtful Pranks**
- **Defacing one's Property**
- **Spreading lies and bad rumors about someone**
- **Being mean and teasing someone**
- **Hitting, punching, shoving, spitting on someone**
- **Having money or personal items stolen/damaged**

Cyberbullying is when kids/teens bully each other using the internet or mobile phones.

**Includes:**

- Sending mean texts, emails, or instant messages
- Posting nasty pictures and/or messages about others online.



## Bullying Statistics

- **1 out of 5 students are bullied**
- **5.4 million students stay home on any given day because they're afraid of being bullied**
- **Every 7 minutes on the playground a student is bullied**
- **37% of students have been bullied online**

**Today, Bullying is at an all-time high!**

## Why do Students Bully?

- **The student lacks attention at home and lashes out at others for attention.**
- **Older siblings bullying the younger sibling.**
- **Learn the behavior to bully from other bullies (sibling, parent, teacher, coach).**
- **The bully has poor self-esteem.**
- **It makes them feel stronger, smarter or better.**
- **Jealous of the other person they are bullying.**
- **Keeps others from bullying the bully.**

## Forms of Bullying

**Physical Bullying-** kicking, hitting, biting, pinching, hair pulling, and making threats. A bully may threaten to punch you if you don't give up your money and/or your lunch.

**Verbal Bullying-** name calling, spreading rumors, and persistent teasing.

**Emotional Intimidation-** A bully excluding you from a group activity such as a party or a school outing.

**Cyberbullying-** one or a group of children or teens using electronic means via computers and mobile phones to torment, threaten, harass, humiliate, embarrass or target another child/teen.

## The Effects of Bullying

- Long-lasting effects!
- Difficult focusing at school
- Avoidance of school
- Fear
- Depression
- Anxiety
- Loneliness
- Low self-esteem
- Suicidal thoughts

