



OCTOBER 2020

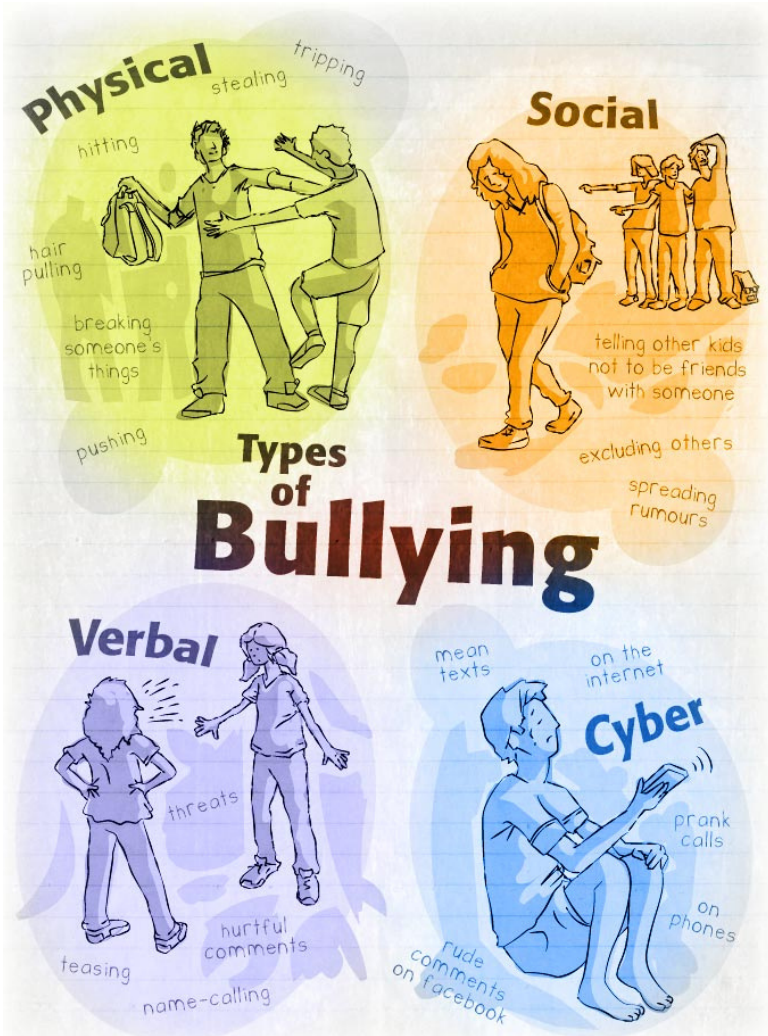
# STOP BULLYING



## WHAT DOES BULLYING LOOK LIKE?

- **Rude or aggressive comments.** When people make fun of you, threaten you, or intentionally try to make you feel bad.
- **Getting physical.** When you're hit, pushed, slapped, spit on, or kicked. When your stuff is damaged or destroyed.
- **Spreading rumors.** Gossip can be a form of bullying. If someone is telling others untrue or mean things about you behind your back, this is bullying.
- **Being left out.** We all get to choose who we want to hang out with. However, sometimes people exclude others on purpose, on social media or in person.
- **Private photos shared online.** If your private photos are shared online by classmates without your permission, this is bullying. If this happens to you reach out for help.





## ROLES IN BULLYING

- **Bully**- A person who purposely tries to hurt others by making them feel uncomfortable. Hurting them by kicking, hitting, pushing, tripping, name-calling, spreading rumors.
- **Henchman**- A person who does not start the bullying but supports the bully and their actions.
- **Bystander**- A person who watches bullying happen or hears about it and does nothing to stop the bullying.
- **The ally**- The person who supports and provides empathy to the target.

## WHAT CAN STUDENTS DO TO MAKE A DIFFERENCE?

- A bystander has the potential to make a positive difference in a bullying situation, particularly for the individual who is being bullied.
- The bystander can become an ally.

Don't Stand By...



Be an Ally!

## FACTS ABOUT BULLYING

- About 20% of students ages 12-18 experienced bullying nationwide.
- In the US, 1 in 5 students, ages 12-18, have been bullied during the school year.
- Approximately 160,000 teens have skipped school because of bullying.
- The most commonly reported type of bullying is verbal harassment (79%), followed by social harassment (50%), physical bullying (29%), and cyberbullying (25%).

# HOW CAN BYSTANDERS HELP?

- Spend time with the person being bullied at school. Talk with them, sit with them, listen to them, be kind to them. Tell them you don't like the bullying and ask them if they need help. You can tell them in person, through text, or through email.
- Tell an adult who you trust, like your teacher. You can tell them in person or leave them a note.
- Set a good example. Do not bully others.
- Help the person being bullied get away from the situation.
- Help the person being bullied tell an adult.
- Take away the audience by choosing not to watch and walk away.



- Tell the child doing the bullying that you don't like it and to stop doing it (but only if it feels safe to do so).
- Do not get discouraged if you have already talked to the teachers and nothing happened. Keep trying. Try talking to other teachers and counselors so that you can get more people involved in trying to stop the situation.
- Look for opportunities to contribute to the anti-bullying culture of your school through creating posters, stories or films.
- There is strength in numbers too! Bystanders can intervene as a group.

# RESOURCES

## What can you do?

- Find a local counselor or other mental health services.
- Contact the: Teacher, School counselor, or School principal.
- No Bully Help Hotline at:  
1-866-488-7386
- National Parent Helpline  
1-855-427-2736
- National Suicide Prevention Lifeline  
online or at 1-800-273-8255