

# BULLYING – HERE ARE THE FACTS

Bullying is unwanted, aggressive, repeated behavior.

Kids who are bullied are not alone. About 20% of middle and high school students have experienced bullying nationwide.

**Bullying is never okay.**

## WHAT BULLYING IS AND IS NOT

### Bullying IS

- ✓ Aggressive, mean behavior
- ✓ It is being mean to someone over and over again.
- ✓ Happens over and over (repeatedly)
- ✓ Meant to cause fear, anxiety, hurt
- ✓ Power imbalance (physical strength, knowing embarrassing information, being more popular, etc.)

### Bullying IS NOT

- Being rude or mean in the moment
- May be an accident; unintentional
- When a person is mean or rude just one time.
- Not liking someone
- Bullying is never the fault of the person who is bullied.

## TYPES OF BULLYING

### VERBAL

Verbal bullying is saying or writing mean things and includes teasing, name-calling, inappropriate sexual comments, taunting, or threatening to cause harm.

### SOCIAL

Social bullying involves hurting someone's reputation or relationships and includes leaving someone out on purpose, spreading rumors about someone, and embarrassing someone in public. This may be done in person or on the internet.

### CYBER

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbully can occur through text, email, direct messaging, social media, or gaming where people can view, participate in, or share content. Cyberbullying is:

- Persistent – can go 24 hours a day
- Permanent – most information communicated electronically is public and permanent
- Hard to notice – others may not see Cyberbullying take place

### PHYSICAL

Physical bullying involves hurting a person's body or possessions and includes hitting, kicking, pinching, spitting, pushing, taking or breaking someone's things, or making mean or rude hand gestures.

## WHAT TO DO IF BULLYING HAPPENS

### If You Are Bullied or Witness Bullying

Look at the kid bullying you and in a clear, calm voice, tell them to STOP.

If speaking up seems too hard or not safe, walk away. Don't fight back. If possible, find an adult to stop the bullying on the spot.

Stay away from places where bullying happens.

Question the bullying behavior. Simple things like changing the subject or questioning the behavior can shift the focus.

Say something funny or redirect the conversation. Do not make fun of the kid bullying.

Talk to a trusted adult. Let them know what has happened as soon as you can.

### Be an "Upstander"

A Bystander witnesses bullying and does not take action.

An Upstander is someone who takes action. They see what happens and intervene, interrupt, or speak up to stop the bullying.

Witnessing bullying is upsetting and affects everyone involved, including Bystanders and Upstanders.

To help diffuse potential bullying, an Upstander can show their support by calmly asking the bully to stop or by walking away with the kid being bullied.

An Upstander can reach out privately and check in with the person bullied to let them know they do not agree with what happened. Knowing someone cares can make a difference.

There is strength in numbers. Upstanders can intervene as a group to show there are several people who don't agree with bullying.

The best way to handle bullying is to prevent it from happening in the first place!

**Treat everyone with respect and kindness.**

Stop and think before you say or do something unkind or mean to someone else.

**Be careful what you post. Do not post or forward things that can be hurtful or embarrassing to someone.**

**TREAT OTHERS THE WAY YOU WANT TO BE TREATED!**