

Stop Bullying



**TEAM UP
TAKE ACTION**

*An Informational Brochure
Provided by*

Bullying is when a person or group repeatedly tries to harm or intimidate someone. Sometimes it involves direct attacks such as hitting, name calling, teasing or taunting. Sometimes it is indirect, such as spreading rumors or trying to make others reject someone. And sometimes people use email, chat rooms, instant messages, social networking websites, and text messages to taunt others or hurt their feelings.

Often people dismiss bullying among kids as a normal part of growing up. But bullying is harmful. It can lead children and teenagers to feel tense and afraid. It may lead them to avoid school. In severe cases, teens who are bullied may feel they need to take drastic measures or react violently. For some, the effects of bullying last a lifetime.

It's important to take bullying seriously and not just brush it off as something that kids have to "tough out." Bullying is not a normal rite of passage.

If you feel mistreated, misunderstood or isolated and think you have no place to turn, know that you are not alone and there is hope. Find out how you can get help if you are being bullied or how you can not be a part of bullying others.

Everyone has the right to feel safe in their school and community. If you see someone being bullied, you have the power to stop it.

Remember – the best way to fight bullies and bullying is to **Team Up** and **Take Action**.

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What to Do When You Are Being Bullied

The first priority is always your safety. Here are some strategies for you to consider:

- Tell them to stop.
- Walk away. Do not let them get to you. If you walk away or ignore them, they will not get that satisfaction.
- Protect yourself. Sometimes you cannot walk away. If you are being physically hurt, protect yourself so that you can get away.
- Tell an adult you trust. Talking to someone could help you figure out the best ways to deal with the problem. In some cases, adults need to get involved for the bullying to stop.
- Find a safe place. Go somewhere that you feel safe and secure like the library, a favorite teacher's classroom, or the office.
- Stick together. Stay with a group or individuals that you trust.
- Find opportunities to make new friends. Explore your interests and join school or community activities such as sports, drama, or art. Volunteer or participate in community service.

Get Help

If you have been bullied, it may affect you in many ways. You may not want to go to school or may find it hard to do your homework. You may be losing sleep, eating more or less than usual, having headaches or stomachaches, or getting sick more often. Know that you do not have to feel this way.

- Talk with an adult. They may have good ideas about what you can do to stop the bullying.
- Ask for help. Seeing a counselor or a health professional may be helpful. Sometimes it is good to talk with someone who is not personally involved to help you find solutions.

What to Do When Someone Else is Being Bullied

Bullying is more likely to occur when adults are not around – in between classes, afterschool and on the Internet. Bullies prefer an audience – it makes them feel more powerful. Here's what you can do to stop bullying:

- Take a stand and do not join in. Make it clear that you do not support what is going on.
- Do not watch someone being bullied. If you feel safe, tell the person to stop. If you do not feel safe saying something, walk away and get others to do the same. If you walk away and do not join in, you have taken their audience and power away.
- Support the person being bullied. Tell them that you are there to help. Offer to either go with them to report the bullying or report it for them.
- Talk to an adult you trust. Talking to someone could help you figure out the best ways to deal with the problem. Reach out to a parent, teacher or another adult that you trust to discuss the problem, especially if you feel like the person may be at risk of serious harm to themselves or others.

You have the Power to Stop It

Bullying is less likely to occur when there are strong messages against it. Work with your school, community, or other groups to create and support these messages.

- Get involved with your school and community to find ways to prevent bullying.
- Create an assembly, performance, or event to spread the message.
- Lead by example – teach younger kids that bullying is not okay and that they can stop bullying before it begins.
- Be aware of the impact that your actions have on others. Sometimes you may think that you are just joking around but your words and your actions may actually be hurting someone.



- Don't be influenced by peer pressure. You may feel pressured to bully others if your friends are doing it. You may think that you will no longer be popular or that you may be bullied yourself if you do not join in. Taking a stand may be difficult, but it's the right thing to do.

Put Yourself in Their Shoes

- If you see someone being bullied, consider how they must feel.
- Ask the person being bullied how they feel. Maybe they are afraid or too embarrassed to say something.
- If your friends are bullying others, help them see how they are hurting others.

Your Feelings are Important

- Do not blame yourself. It is easy to question whether you are the problem. But no matter what someone says or does, you should not be ashamed of who you are or what you feel.
- Be proud of who you are. No matter what they say, there are wonderful things about you. Keep those in mind instead of the disrespectful messages you get from the people who are bullying you.