

WHAT IS BULLYING?

AND HOW YOU CAN HELP!

Understanding Bullying

Key Elements:
Power Imbalance
+ Repetition



VERBAL

Repeated teasing, name-calling, threatening



SOCIAL/EMOTIONAL

Leaving someone out, spreading rumors, public embarrassment



PHYSICAL

Hitting, kicking, tripping, breaking things



Mean Chat

Cyber

Harassing texts, mean comments, speaking private info online

WHAT YOU CAN DO

TALK TO SOMEONE

If you feel comfortable, tell someone who can help.



SPEAK UP (if safe)

If you feel comfortable, tell the bully to stop. Your voice matters.



OFFER SUPPORT

Ask them how they're doing. Let them know you care.

REPORT ANONYMOUSLY
SCAN THIS QR CODE

