



## What is Bullying?

Bullying happens when someone hurts or scares another person on purpose and the person being bullied has a hard time defending himself or herself. Usually, bullying happens over and over. Bullying can be:

- ◆ Punching, shoving, and other acts that hurt people physically
- ◆ Spreading bad rumors about people
- ◆ Keeping certain people out of a "group"
- ◆ Teasing people in a mean way
- ◆ Getting certain people to "gang up" on others

## Why do kids bully?

- ◆ Because they see others doing it
- ◆ Because it's what they do if they want to hang out with the right crowd
- ◆ Because it makes them feel, stronger, smarter, or better than the person they are bullying

## Effects of bullying

- ◆ It can mess up a kid's future.
- ◆ It scares some kids so much that they skip school.
- ◆ It can lead to huge problems when kids grow up.

## Are you being bullied?

If you are being bullied it can feel pretty awful. But, no matter how bad it makes you feel you should know you're not alone. That's right, there are plenty of kids who go through the same things. You may feel helpless but there are a lot of things you can do to help yourself out.

## Have you seen someone being bullied?

If you see it happening to others, you can help put a stop to it. There are all kinds of great things you can do to make things better and set a positive example for kids who are bullied. So the next time you see someone being bullied, try to make a real difference!

## Do you bully others?

Let's face it, hurting and making others feel bad is NEVER cool. Just admitting that you are doing things to harm others takes some guts. Think about what you're doing and how it affects others. All of us have been hurt at one time or another and we all know how it feels - awful!

## What to do about Bullying

- ◆ No matter how you've been affected by bullying, it's a good idea to talk to an adult.
- ◆ Remember, it is not your fault that you are being bullied. No one deserves to be bullied.
- ◆ If you see bullying, tell an adult like a teacher or principal. If you've told a grown-up before and he hasn't done anything about it, try telling someone else.
- ◆ Stay in a group. If you spend more time with other kids, you won't be an easy "target" and you'll have others around to help you if you get in a bad situation!
- ◆ Support someone who is being bullied. Be a friend. Walk home with them after school, try to include them in activities, or spend some time with them.

*Information adapted from Take A Stand. Lend A Hand. Stop Bullying Now! <http://stopbullyingnow.hrsa.gov> Safety Tips for Kids*