



OCTOBER

IS

**Bullying
Prevention Month**

HOW CAN you TELL if it's BULLYING?

When someone says
or does something
unintentionally
hurtful and they do
it **ONCE**, that's
RUDE

When someone says or
does something
intentionally hurtful
and they do it **ONCE**,
that's
MEAN

When someone
says or does
something
intentionally
hurtful and *they*
keep doing it
after they see
you're upset or
after you tell
them to stop,
that is
BULLYING!

BULLYING can take many forms.

- **Physical**- actual physical harm or threatening to harm the person or property
- **Verbal**- insults, threats, intimidation, in public or in private
- **Cyber-bullying**- using any electronic platform, facebook, Twitter, Instagram, etc., in written form or photos or videos, to intimidate, insult, or threaten
- **Emotional**- teasing, name-calling, taunting
- It is **persistent**
- It **interferes** with the normal course of life

PHYSICAL BULLYING

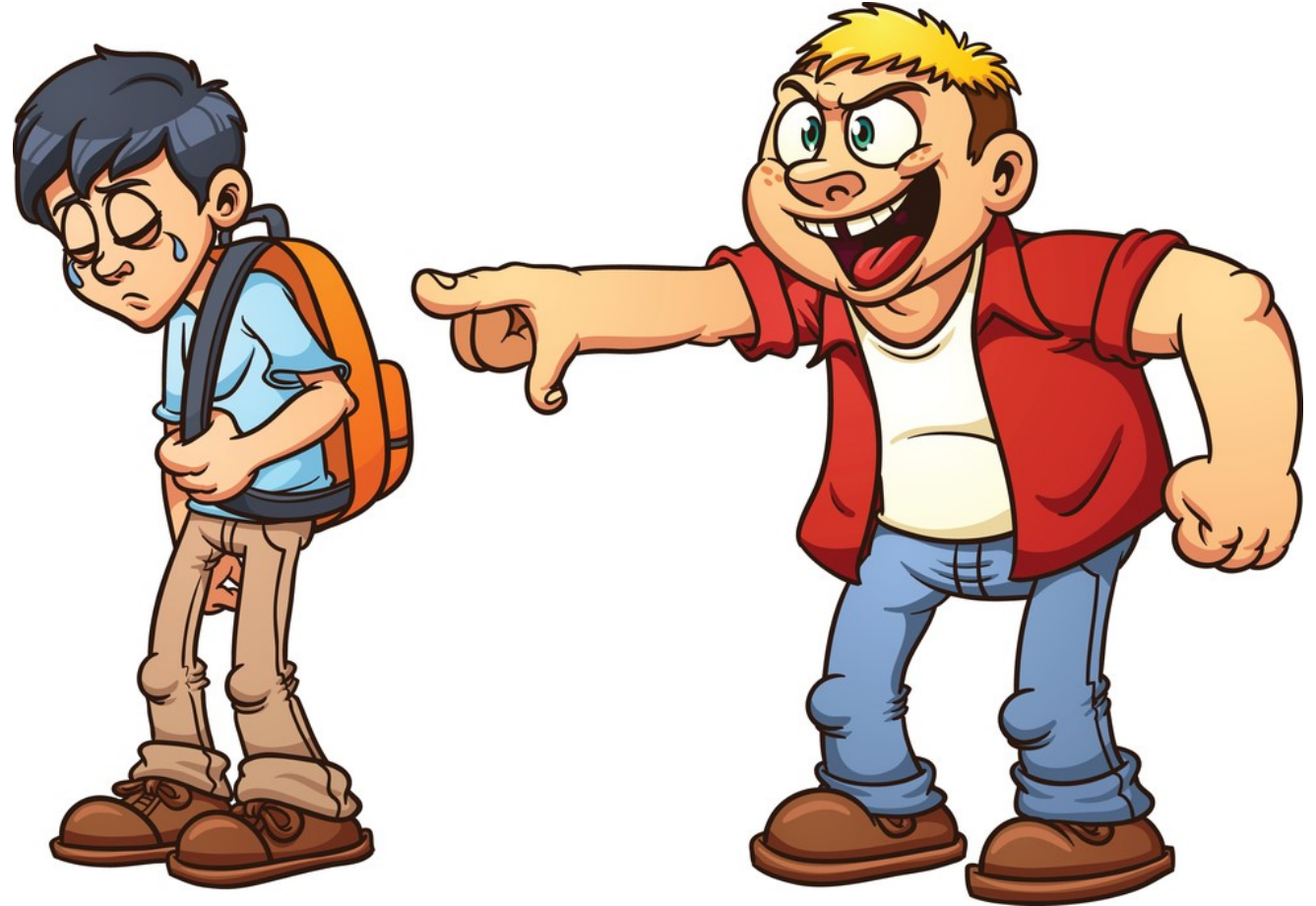
- *Punching
- *Kicking
- *Attacking
- *Stealing or Breaking Others' Belongings



- *Slapping
- *Biting
- *Shoving
- *Scratching
- *Spitting
- *Sexual Harassment

VERBAL BULLYING

Name-calling
Teasing
Taunting
Threatening
Racist Remarks
Homophobic “jokes”





**NO
CYBER
BULLIES**

CYBER-BULLYING: Using social media to spread rumors, ridicule, intimidate, or interfere with a person's right to privacy.

Examples of emotional bullying include:

- Spreading bad rumors about people
- Keeping certain people out of a "group"
- Teasing people in mean ways
- Getting certain people to "gang up" on others
- Name calling
- Taunts, Insults etc
- Harassment
- Provocation



What Can I Do to Stop Bullying?

- Refuse to be an audience for a bully
 - Do not “follow the crowd”
 - Do not laugh while someone is being picked on
 - Do not participate in gossip
 - Do not use the internet to hurt someone
 - Walk away and go get help
- Know your own personal strength



YOU CAN

