

## Bullying can be

### Physical

- hitting
- pushing and shoving
- fighting
- tripping
- yelling at someone
- making rude gestures
- taking or breaking another person's things



### Verbal/Social Relational

- name calling
- making fun of someone
- laughing at someone
- leaving someone out on purpose
- starting rumors or telling lies about someone
- sending mean messages on a computer or cell phone
- trying to make someone feel bad about who they are

## Where Does Bullying Happen?

Bullying can happen anywhere. It can occur in your neighborhood, while going to school, at school, and while on-line.

## What is Cyberbullying?

Using technology—internet, email, cell phones, social media, pictures— to hurt or harm someone else.

### Includes:

- Sending mean text messages
- Posting statements online that are unkind or not true
- Sending or posting pictures that are not yours to share
- Making negative comments online about someone
- Agreeing with someone who posts something hurtful

## Who Gets Bullied?

**ANYONE!**

Anyone from the shy, quiet class mate to the most popular kid.

It can be girls, boys, a Pre-K student or a senior.

Someone in the band or someone that plays sports.

Everyone can be a target, but no one deserves to be.

## Do You Bully?

**A bully isn't always the strong, tough kid. It could be anyone!**

**It could be the head cheerleader or the president of student council. It could even be the quiet kid in class.**

**You can't tell a bully just by their looks, size, age, gender or what grade they're in.**

## So How Can You Tell Who Is A Bully?

Watch their actions. Listen to their words.

Do they hurt or harm you or someone you know? Is that person able to defend themselves against those actions or words?

"It's no big deal!" Bullies don't think that what they are doing is wrong. When is hurting someone ever "no big deal?"

**Think about it!** If you just stopped to think twice about what you were saying or doing, you could change the words or actions to be more positive ones.



## Student's Guide to

# BULLYING PREVENTION

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### If You See Bullying

Has there ever been a time that you have been a witness to bullying or even been bullied yourself and you just wanted it to stop? Were you just not sure what you should do, or even afraid to do anything at all? Believe it or not, you aren't alone. There are others that feel the exact same way! If you see bullying or if you are being bullied, there are many ways to stop it and even prevent it from ever starting.

### Ways to Prevent Bullying

Some of the ways that you can help prevent bullying are:

- Reaching out as a friend to someone being bullied. Eat lunch with them or walk them to class. Let them know they aren't alone.
- Standing up to the person bullying and telling them that what they are doing is not ok,
- Speak out against bullying. Adults really do care and they really do listen.
- Ignore the bully. They are just looking for the attention.
- Make a difference, get others involved. Let people know that bullying is not ever acceptable. It begins with you!

### Speak Up!

- You can make all the difference by reporting bullying
- No one should accept or even tolerate bullying at your school.
- If one person speaks out, others will too.
- No one deserves to be bullied!

### Am I Telling or Am I Tattling?

**There is a big difference between telling and tattling. Telling** is done to protect you or someone else. **Tattling** is done to get someone in trouble

**Every school has a place to report bullying. Either in the counselor's office, the library or an open foyer. You can remain completely anonymous. It all starts with you!**

### What Can You Do To Help?

Bullying not only affects the targeted person, it also affects their families and friends.

You may not be the one getting bullied, but how you react to it can make a difference.

When you see something, report it! How you respond can have a real impact on the situation.

### I Pledge

I pledge to be a kid against bullying.

I will speak up when I see others being bullied or even bullying.

I will reach out to others and let them know they are not alone

I will be a friend whenever I see someone being bullied

### October is National Bullying Prevention Month

Do you want to spread the word about bullying prevention to others? October is National Bullying Prevention month. Talk to your teachers, counselors or school administration about ways to get your school involved. Wear an Orange shirt to show that bullying is never acceptable.

### CRIMESTOPPERS SAFE SCHOOL HOTLINE WITH A TIP

We operate 24 hours a day, 7 days a week. Spanish Speaking Interpreters are available.

- **CALL:** (504) 822-1111 or 1 (877) 903-STOP
- **TEXT an anonymous tip to:** TYPE in **TELL CS**, then your information to **274637 (CRIMES)**
- **DOWNLOAD:** our FREE MOBILE APP: **TIP SUBMIT**
- **Email:** an anonymous tip on the Crimestoppers web site: **crimestoppersgno.org**

