

# Bullying Stinks

It's not just harmless fun. Bullying creates long-term problems for bullies and victims. Over 47% of teens report being a victim of bullying!

## What is Bullying?

Bullying is when a person (or group) has power over someone else and repeatedly hurts him or her on purpose.

## What is a Bully??

You can't spot a bully just by looking at them. It's a person's actions that makes them a bully. Bullies want power and control over others.



## Why do they do it?

- insecurity
- a sense of superiority
- they have been victims of bullying themselves

# Bullying Hurts EVERYONE

Many victims of bullying experience:

- Fear
- depression
- anxiety
- low self esteem
- loneliness
- physical illness
- suicidal thoughts



By age 24, 60% of bullies have a criminal conviction and 40% have three or more convictions.

## Who Do Bullies Target?

Anyone can be a target for a bully, but here are some common traits:

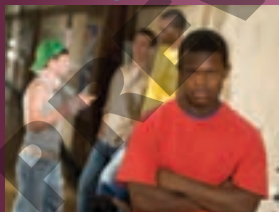
- Being Different (hair, race, accent, clothing, etc.)
- Being Vulnerable (kids who appear lonely, scared, helpless or easily upset)
- Being Isolated and Alone



## Don't be a Bullying Target!

- Don't draw attention to yourself
- Avoid places where bullies hang out
- Have a strong sense of self
- Be a good friend and develop strong relationships
- Look for allies

# Being Bullied? Here's What to Do



### Be Confident

act strong and you're less likely to be a victim

### Keep Cool

bullies want a reaction, don't give it to them and they may quit

### Walk Away

bullies want attention and if you walk away and ignore them they loose

### Stick Together

bullies look for kids alone, so travel in groups

### Don't Fight

someone might get hurt and you might get in trouble too



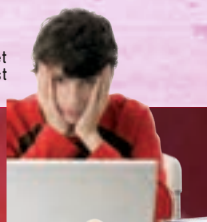
## Cyberbullying

It's easy to say something mean about someone else on the Internet or social media, but when you do, that's cyberbullying (and it just might get you arrested).



## Stop Cyberbullying

- Block the Bully - many services allow blocking of unwanted messages
- Ignore the Posts - just turn the device off!
- Save the Evidence - keep emails, texts, etc.
- Report the Abuse - many times cyberbullying is illegal. Talk about it with your parents, teachers or law enforcement.



## Bullied? Talk, Talk, Talk!

Don't keep it to yourself! Don't suffer in silence! Share what's happening with an adult you trust (parent, teacher, counselor, coach, etc.)

No matter who, what, when, where, how or why -

## STOP BULLYING!

If you see someone being bullied, do what you can to stop it. Don't just sit on the sidelines. Stand up for the victim. If we all speak up and stand up for what is right, the bullying will stop.



# NO ONE DESERVES TO BE BULLIED!