



STOP

BULLYING

Bullying is wrong and hurts people.

YOU CAN HELP STOP IT.

SAMPLE COPY

Read on to learn:

WHAT IS BULLYING?

ARE YOU A BULLY?

**HOW TO STOP
AND AVOID A BULLY**

BEING BULLIED?

WHAT NOT TO DO

DON'T BE A BULLY!

It's all inside! What are you waiting for?



BULLYING HURTS!

Bullying hurts people.

Bullying makes people feel sad, scared, lonely, and embarrassed.



So what is bullying?

- When someone calls you names or makes fun of you.
- When someone won't stop when you tell them to.
- When someone kicks, pushes or punches you.
- When someone takes your friends away leaving you alone.
- When someone won't let anyone else talk or play with you.

No One Deserves to be Bullied!

Never let a bully stop you from having fun or living your life. Even if you're afraid, you shouldn't let a bully keep you from doing the things you love, like playing sports, playing music or hanging out at the playground with your friends.

BULLY OR NOT?

Look at the situations below and decide: Bully or Not? Circle your answer.

Calling someone names because they look different from you. **BULLY OR NOT?**

Accidentally bumping into someone in the lunch line. **BULLY OR NOT?**

Making other kids play a game the way you want them to. **BULLY OR NOT?**

Taking another kid's hat and making him really upset. **BULLY OR NOT?**

Telling someone that they are being mean. **BULLY OR NOT?**

Are YOU a Bully?

Most kids have been **BULLIED** at least once. Almost everyone has seen bullying. Even kids who don't think of themselves as bullies have bullied other kids.



Have you ever used your **POPULARITY, STATUS** or **STRENGTH** to get what you wanted or make someone else feel bad? If you have, you were being a bully. If you think about how bullying feels you won't want to do it.

How does it feel?

Here are some bullying situations. Write a word describing how you would feel if you were the victim. The first is done for you.

* A big bully threatens to beat you up. You feel SCARED.

* Some bullies have been spreading gossip about you. You feel _____.

* A bully steals your favorite toy. You feel _____.

* A bully convinces his or her group of friends to ignore you like you don't even exist. You feel _____.

* A bully gives you a really mean nickname and other kids start calling you by it, too. You feel _____.





Stop Bullying in its Tracks

Bullies try to get a reaction from their victims. The way you react can make the bullying stop. Here are some things to try.

IGNORE THE BULLY

If a bully calls you a name or says some other mean thing, don't say a word. Just calmly walk away. Bullies want to make you angry and upset, so don't give them what they want! Go tell an adult right away what just happened.



RUN AWAY

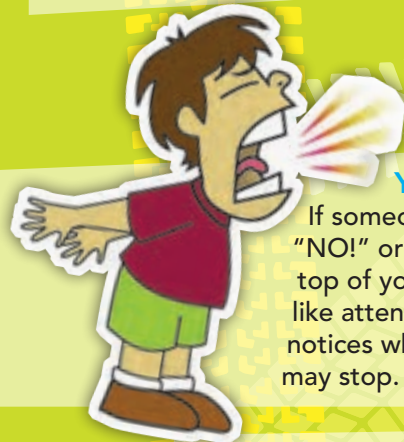
If you think you're in danger of being hurt, get out of there. It's not "chicken" to protect yourself. Go right away to an adult you trust and tell them what's going on.

GO TELL AN ADULT

Talk with your parents, a teacher, a coach or any adult you trust (like a law enforcement officer). They can help you find the best way to deal with a bully. Don't worry about being called a "tattle-tale." Telling an adult is the right thing to do.

YELL AND SCREAM

If someone is bullying you, scream "NO!" or "Leave me alone!" at the top of your lungs. Bullies don't like attention and if someone else notices what they're doing they may stop.



MAKE A JOKE

If someone calls you "shortie" or "shrimp", say "that just makes it easier for me to tie my shoes" and walk away. Using humor takes power away from the bully and puts you in control.



Avoiding a bully's attention is even better than having to react. Try these tips to avoid being bullied at all!

DON'T BE A TARGET

Bullies pick on kids that they think are quiet and weak. Look the bully in the eye, use a strong voice and tell them you don't like what they're doing and they should stop. Then just walk away. Next time, the bully may look for someone else to pick on.



SHOW YOUR CONFIDENCE.

How you carry yourself says a lot about you. If you walk with your head up and eyes straight ahead, you look strong and confident. Eyes up, chest out, shoulders back – no one wants to pick on that!



STICK WITH YOUR FRIENDS

Bullies often pick on kids who are by themselves. If you stay with a group of your friends, you won't be an easy target and you'll have others around you to help if you do get into bully trouble.



SAMPLE COPY



Being Bullied?

Know what NOT to do!

Don't fight back. Two wrongs don't make a right. You should always try to treat people like you want to be treated... even if they're bullying you. Besides, if you fight back you might get into trouble.

Don't ignore the problem.

Chances are that if you're being bullied it won't just go away by itself. Do what you can to get the bullying to stop, but be sure to tell a teacher or adult.

Don't hurt yourself.

Some kids get so sad and upset that they may try to hurt themselves. They do this because they don't think they have any other options. This is not true! Talk to an adult and tell them how you are feeling. They can help you to feel better and help to stop the bullying.



Don't think you're a tattletale.

Letting an adult know about a bully is the right thing to do.

Don't miss out.

You have a right to be at school or participate in activities you enjoy without fear of bullies.

Don't let bullies stop you from living your life!



DON'T BE A BULLY!

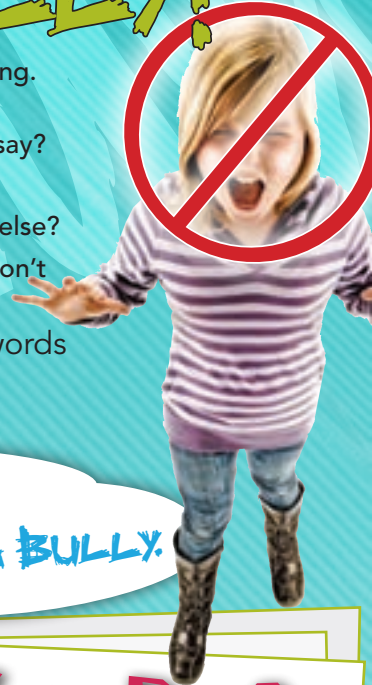
Sometimes doing things you think are just "fun" someone else might see as bullying.

Stop and ask yourself these questions:

- Are someone's feelings being hurt by what I do or say?
- How would I feel if someone was doing this to me?
- Am I doing this because I'm mad about something else?
- Am I trying to make someone do something they don't want to do?

Think about your answers. If you think your words and actions might be considered bullying...

CHANGE THEM!



NO MATTER WHY,
IT'S NEVER OKAY TO BE A BULLY.

What Would You Do?

Help stop bullying in your school. Read the sentences below and think about what you could do to help. Write your answers.

You are at recess and you see Paul kick Joseph. Joseph is hurt. Paul won't stop. What would you do?

Alice calls Becky a hurtful name. Becky hears Alice. Alice always says mean things about Becky. What would you do?

Phillip and Susan are playing. Mary pulls Susan away to play somewhere else. Phillip is alone and sad. What would you do?

Maria is very ticklish. Steve won't stop tickling Maria, even though she says "Stop, Stop!" What would you do?

Stop Bullying Now! Pledge

I believe that everyone has a right to be who he or she is without being bullied or made fun of. I will be respectful of others and their feelings. I will not bully or tease others. I will reach out to others who are being bullied. If I see someone bullying I will go and tell an adult.

Signed,

YOUR NAME



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