

Bullying

Info, Facts, & Tips

Bullying is aggressive behavior that's harmful, intentional, and repeated. Bullying is a problem in many schools, and it's the responsibility of everyone to work together to make their school bully-free. Here's what you need to know.

Types of bullying

Physical – using physical force to harm others

- ▶ pushing, shoving, hitting, kicking
- ▶ stealing or damaging someone's property
- ▶ hazing a member of a team or group

Verbal – using words to hurt others

- ▶ making intimidating or threatening remarks
- ▶ taunting, insulting, or embarrassing others

Social – hurting another's social standing

- ▶ spreading rumors, lies, or gossip
- ▶ purposely harming another person's self-esteem or reputation
- ▶ excluding someone from a group

Cyberbullying – using technology to harm others

- ▶ creating hurtful or embarrassing posts or pictures
- ▶ sending rude or threatening texts or DMs

Teasing vs. bullying

Teasing happens between people who generally like each other. It's also more playful. In bullying situations, you see the following:

1. There is a power imbalance.
2. It occurs repeatedly.
3. There is an intention to do harm.

If you witness bullying...

Bystanders are the key to stopping bullying. Here's what you can do if you witness bullying.

- ▶ Distract the bully. *"Hey, we need to get to class."*
- ▶ Talk directly to the bully's target. Ask them to come with you, and walk away together.
- ▶ If you sense the situation may be dangerous, leave immediately and find an adult.
- ▶ If you don't feel comfortable speaking up, walk away. Do not give the bully an audience. Later, find the student who was bullied and offer your support. *"I'm sorry that happened to you."*
- ▶ Report any bullying you see to a trusted adult.

If you're being bullied...

Speak up and speak out. Look the bully in the eye, remain calm, and speak in a confident, calm voice. Be assertive, and tell the bully to stop.

Walk away. Calmly walk away and ignore the bully. Don't show fear. Anger, fear, and other reactions give bullies what they're looking for.

Keep a record. Include the names of the people involved, dates, times, places, and details of the incidents that occurred, in person and/or online.

Tell an adult. Talk to a teacher, counselor, coach, or parent—any adult you trust. Explain what's happening and ask for their help and advice.

Most cyberbullying takes place "under the radar" of adults. This makes it more important than ever for students to take a stand against cyberbullying. For more, watch this video.

