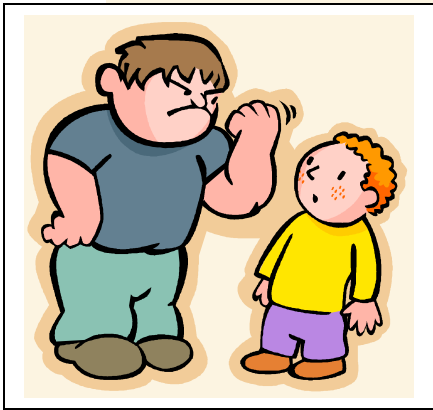


What Is Bullying?

Bullying happens when someone hurts or scares another person on purpose and the person being bullied has a hard time defending himself or herself. When teasing becomes hurtful, unkind, and constant, it crosses the line into bullying and needs to stop.

Usually, bullying happens over and over.



"gang up" on others

- Punching, shoving, and other acts that hurt people physically
- Spreading bad rumors about people
- Keeping certain people out of a "group"
- Teasing people in a mean way
- Getting certain people to

How to Deal with a Bully

- **Avoid the bully and use the buddy system...don't be alone.**
- **Don't bully back.**
- **Act brave, walk away, and ignore the bully.**
- **Tell an adult.**
- **Talk to someone you trust.**
- **Be careful on the internet.**

HOW NOT TO BE A BULLY

Sometimes it is difficult to know what is or is not bullying. Often, actions start out just being fun, but may at some point actually turn into bullying. If you are not sure whether something has become bullying, stop and think and ask yourself these questions:



- 🌈 Are my actions or words hurting someone else's feelings?
- 🌈 Are my actions or words hurting someone else physically or making that person feel afraid?
- 🌈 Would I want someone else to do this to me?
- 🌈 Am I unfairly taking my anger out on someone?
- 🌈 Am I trying to control someone against his or her will?