### Types of Bullying/Harassment

Bullying and harassment may include:
- **Verbal bullying** involves name-calling, threatening, and making disrespectful comments about someone's attributes (appearance, religion, ethnicity, disability, sexual orientation).
- **Social bullying** involves hurting someone's reputation or relationships. Social bullying includes: leaving someone out on purpose, telling other children not to be friends with someone, spreading rumors about someone, embarrassing someone in public.
- **Physical bullying** involves hurting a person’s body or possessions. Physical bullying includes: hitting/kicking/pinching; spitting; tripping/pushing; taking or breaking someone’s things; making mean or rude gesture.
- **Cyberbullying** involves spreading mean words, lies, and rumors through email, text messages, and social media posts on or off campus. Sexist, racist, and homophobic messages create a hostile atmosphere, even when not directly targeted at a specific child.

### Should I Report Bullying/Harassment?

**YES!** Report bullying to an adult that you **trust** right away.

You May Use the Link Below to Report
https://tiny.cc/bullyusd

### Who Might Bully you?

- Someone older
- Someone larger
- Someone with more power
- Someone in charge
- Someone more popular
- An adult or a peer

### Where Might Bullying Occur?

- Classroom
- Hallway or locker room
- Cafeteria
- Gym or PE class
- Bathroom
- Playground or recess

### Get Involved to Stop Bullying at Your School

- Treat everyone with respect
- Protect yourself online to prevent cyberbullying
- Stand up for others
- Get involved

### Things you can do if you are being bullied:

- Look at the kid bullying you and tell him or her to stop in a calm, clear voice.
- If speaking up seems too hard or not safe, walk away and stay away. Don’t fight back. Find an adult to stop the bullying on the spot.

### Student Bullying Resource

**Things you can do to create a positive school culture.**

- Talk to an adult you trust. Don’t keep your feelings inside. Telling someone can help you feel less alone.
- Express your feelings honestly and listen respectfully
- Honor, welcome and include your classmates
- Be a role model and follow school rules
- Show empathy and consider different points of view
- Work to solve interpersonal problems calmly and reach out for adult help
- Show community-mindedness
- Treat others fairly and respectfully
- Show interest in correcting injustice and taking action to improve the world