

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/bullyfUSD>



Who Might Bully you?

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

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

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.