

# Bullying

## ● is aggressive behavior.

Bullying is when people use their power to control or harm others. It can happen in person or online.

## ● is widespread.

More than 70 percent of kids say they've seen bullying in school. People who learn and think differently are more likely to be bullied.

## ● is complicated.

Not all bullying is physical. It can also be verbal or social, like embarrassing someone on purpose. Many bullying victims become bullies themselves.

● **Bullying is not something to push aside. It can have effects on physical and mental health.**

## Examples

- ▶ Name-calling
- ▶ Making fun of someone
- ▶ Threatening harm
- ▶ Pushing or shoving
- ▶ Hitting or tripping
- ▶ Spreading rumors
- ▶ Stealing or damaging belongings
- ▶ Mean social media posts
- ▶ Mean text messages

## Ways to prevent

1. Encouraging kids and adults to be "upstanders" who speak up when they see or hear about bullying.
2. Teaching behavior expectations and how to meet them in school, at home, and in the community. (Schools can use specific programs for this.)
3. Understanding the legal rights of bullying victims, including your state's anti-bullying law.