



## SEPTEMBER BULLY PREVENTION



**UNITE  
AGAINST  
BULLYING**

### WHAT IS BULLYING?

- Aggressive behavior intended to hurt, humiliate, or harass another person
- Bullying occurs repeatedly over time
- Bullying takes place in a relationship where there is a physical or social imbalance of power

### 4 TYPES OF BULLYING

- Physical Bullying: harming someone's body
- Verbal Bullying: Damaging someone's self-esteem or feelings of safety by using words
- Social Bullying: negatively impacting someone's relationship
- Cyberbullying: harassment using technology

### HOW TO STOP A BULLY?

**STAND UP FOR YOURSELF**

**TELL A TEACHER**

**HAVE CONFIDENCE**

**MAKE EYE CONTACT**

**TELL THEM TO STOP!**



### HELP STOP BULLYING

- IF you are bullied, don't ignore the situation.
  - No one deserves to be bullied
  - Always tell an adult you trust
  - Don't blame yourself
- When you see someone else being bullied:
  - Tell an adult you trust
  - Stand up! Be an UPSTANDER, not a bystander