

UNDERSTANDING BULLYING

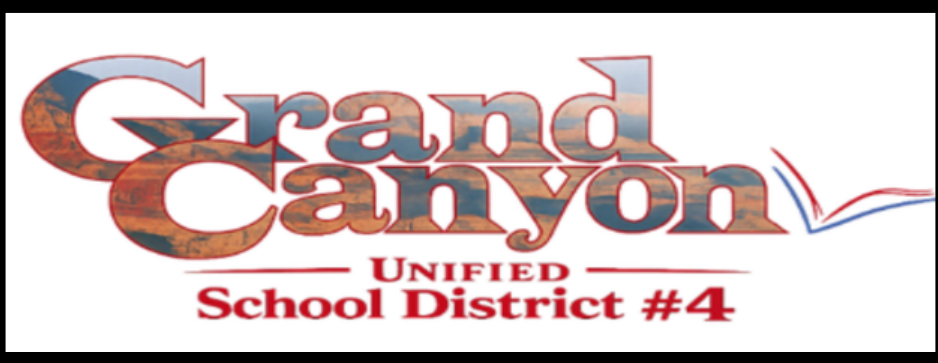
Bullying means when someone is mean to you on purpose over and over again.



UNDERSTANDING BULLYING

"Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be **repeated**, over time." stopbullying.gov





If you see something,
SAY SOMETHING.
END BULLYING!



Treat everyone with respect.
If you notice someone being unkind,
report the situation to a trusted adult.
If you notice repeated bullying,
fill out a "Bully Report".

Anonymous Bully Report

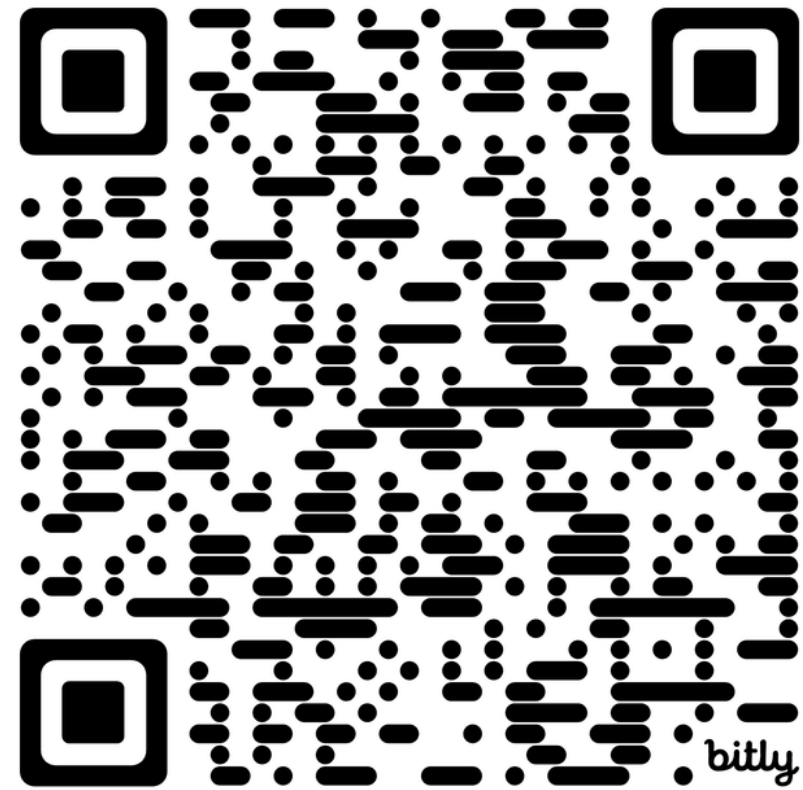
[Sign in to Google](#) to save your progress. [Learn more](#)

Name of student being bullied.

Your answer

Name of bully.

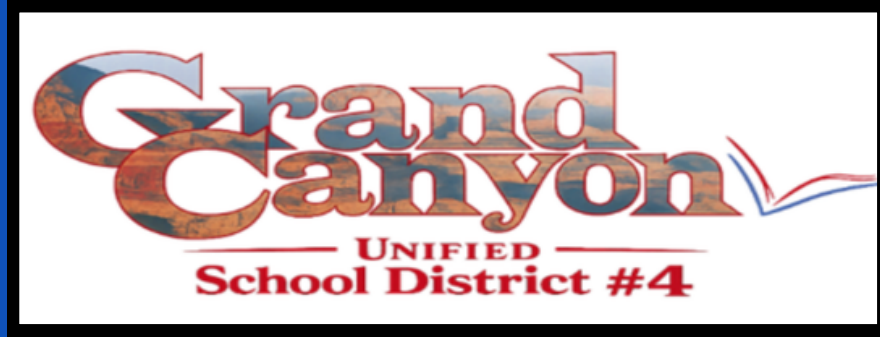
Your answer



SCAN ME

<https://bit.ly/BullyReportGCUSD>





If you see something,
SAY SOMETHING!

END BULLYING!



SCAN ME

Treat everyone with respect.
If you notice someone is being unkind,
report it to a trusted adult.
If you notice repeated bullying,
fill out a "Bully Report".

<https://forms.gle/5WdhjBLZfPZzNJbw7>



Anonymous Bully Report

[Sign in to Google](#) to save your progress. [Learn more](#)

Name of student being bullied.

Your answer

Name of bully.

Your answer



"Bullying is a widespread issue in the United States. While bullying can happen to anyone, some groups may be at greater risk. Bullying negatively affects those who are bullied, those who bully others, bystanders, and others in the school community. It is linked to many negative outcomes including impacts on mental and physical health, substance use, educational experience, violence, and suicide."

<https://www.schoolsafety.gov/bullying-and-cyberbullying>

3 TYPES OF BULLYING:

- VERBAL
- SOCIAL
- PHYSICAL

Verbal bullying is saying or writing mean things. Verbal bullying includes:

- Teasing
- Name-calling
- Inappropriate sexual comments
- Taunting
- Threatening to cause harm

Social bullying, sometimes referred to as relational 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 hand gestures

NEGATIVE EFFECTS OF BULLYING

Bullying Prevention and Student Mental Health

https://www.schoolsafety.gov/sites/default/files/2026-01/SchoolSafety.gov-Bullying-Prevention_and_Mental-Health-Brief.pdf

Both people who are bullied and who bully others may have serious, lasting problems.

Students who are bullied can:

- Feel depressed, anxious, or hopeless
- Experience low self-esteem mental health issues or thoughts of suicide
- Physical Health Problems
- Lose interest in activities
- Miss, skip, or drop out of school
- Develop a decreased sense of belonging at school

Students who bully others are more likely to:

- Feel depressed, anxious, or lonely
- Engage in substance use
- Experience low self esteem
- Difficulty forming health social relationships

HOW TO STOP BULLYING

If you are being bullied, this is how you can respond:

1. Stand up and tell the person bullying to STOP!
2. Walk away.
3. Talk to a Parent or Partner

If you see someone else being bullied:

Be a Partner and support friends who are being bullied.
Build your friends' self-confidence, and courage them to
ask adults for help.

Speak to the person bullying
about the dangers of their actions.

HOW TO END BULLYING

Strategies to Consider

There are several strategies schools and districts can consider to prevent and address bullying. Some of these measures include:

- Create a safe and positive school climate.
- Implement social and emotional learning to help students build skills, manage emotions, and establish positive relationships.
- Set and enforce policies that outline behavioral expectations and monitor places where bullying is more likely to occur.
- Conduct teacher and staff training and promote classroom-based bullying prevention activities.
- Engage families and students to promote communication and reinforce prevention strategies

www.schoolsafety.gov

THE ROLE OF PARENTS, SCHOOLS AND COMMUNITIES

#1 *THE ROLE OF PARENTS*

Educate children about bullying, and foster good communication so that if they experience bullying, they feel comfortable talking to their parents and receiving emotional support

#2 *THE ROLE OF SCHOOLS AND COMMUNITY*

Create safe environments.

Develop, implement and communicate school rules and policies, anti-bullying policies.

Educate staff, students, and families about how they can prevent bullying

Conduct anti-bullying campaigns and provide resources.

STOP BULLYING



Stop Bullying Home Page

StopBullying.gov provides information from various government agencies on bullying, cyberbullying, prevention and response.

sb StopBullying.gov / Mar 21, 2024

<https://www.stopbullying.gov/bullying/what-is-bullying>

