

TIPS FOR KIDS AND/OR TEENS

WHAT IS BULLYING?

Bullying is any type of aggressive behavior that one person (or a group of people) directs at someone else with the goal of causing physical or emotional pain. To be considered bullying, the aggressive acts must happen time after time. Although it can be hurtful, a one-time instance of aggression is not considered bullying. Bullying behaviors are also done on purpose. Accidents happen and they may result in physical harm; however, bullying is not accidental or unintentional.



YOU HAVE THE RIGHT TO ASK FOR HELP TO STOP BULLYING.

Tell a trusted adult what is happening. Telling is not tattling or snitching. Telling is a helpful action that is intended to obtain help. With tattling or snitching, the main goal is to see someone else get in trouble. Adults can help you think of ideas to stop bullying and may implement a plan to ensure your safety and well-being. If you feel constantly sad or overwhelmed and have a hard time recovering from bullying, an adult can help you get in touch with a counselor or therapist.

ACT CONFIDENT.

Stand tall, use a calm and clear voice, make eye contact. Hang out with friends. Avoid showing the bully you are feeling distressed by their words or actions. Bullies are less likely to continue bullying you if they realize you are confident and not easily bothered.

RESPOND NEUTRALLY AND RESPECTFULLY.

Avoid doing anything that might escalate the situation. Actions aimed at changing the behavior of the bully (such as fighting, getting back at them, telling them to stop) are likely to make things worse. Change the topic of conversation and respond using a calm and neutral tone so that the bully is not encouraged to continue to harass you (e.g., "I have to go now because my friend is waiting for me").

AVOID THE BULLY.

Take a different path to class. Pretend you didn't hear the bully and walk away. Be mindful when using online chats or applications where the bully might be able to reach you. Enhance your privacy settings so that the bully cannot contact you or see your online profiles.

REMEMBER THAT NO ONE EVER DESERVES TO BE BULLIED.

Bullying is not your fault! You didn't do anything to deserve to be bullied. Bullies have their own motives for treating others poorly (e.g., they don't know how to interact with peers appropriately, they are not actively monitored by their parents). Not fitting in is not a reason for being bullied. Embrace and continue to develop the hobbies or characteristics that set you apart.

DEVELOP SUPPORTIVE RELATIONSHIPS WITH OTHER CHILDREN AT SCHOOL.

Spend time with peers that can support you if you are feeling upset. Many children enjoy being kind to others and are willing to include others in activities. Treat others with kindness and respect to model how you would like to be treated.

RECOMMENDED RESOURCES

Pacer Center's Kids Against Bullying - <https://pacerkidsagainstabullying.org/>
 Pacer Center's Teens Against Bullying - <https://pacerteensagainstabullying.org/>
 StopBullying.gov - <https://www.stopbullying.gov/resources/kids>
 Stomp Out Bullying - <https://www.stompoutbullying.org/>

Additional References:

American Psychological Association - <https://www.apa.org/topics/bullying/>
 National Bullying Prevention Center - <https://www.pacer.org/bullying/resources/info-facts.asp>