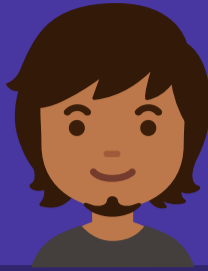




# 5 FACTS ABOUT Bullying



America is a melting pot which means everyone is different and that is a good thing! But sometimes, people are not nice and they choose to bully because of our differences. Below, are 5 FACTS about Bullying, including how to recognize it and what to do about it.

## 1 Power Differential

Bullies often use their power like physical strength, access to embarrassing information, or popularity to harm others.

There are three types of bullying: verbal, social, and physical.

- Teasing
- Name-calling
- Threatening
- Embarrassing someone
- Spreading rumors
- Leaving someone out of the group
- Hitting, kicking, spitting, pinching..
- Breaking someone's things



## 2 Repeated Occurrences

Bullies will repeatedly pick on the same person or persons.

Bullying can occur before or after school. It can happen on the way to school on a bus, on a playground or even at lunch.

The internet is a new way of harming others and is called cyber-bullying. It can include saying mean and hateful things or posting derogatory pictures/videos of a person online.

## 3 Intent to do harm

Bullies are doing their actions on purpose and act with intent to hurt another person.

Because of their differences, students with disabilities are often victims of bullying. Research tells us that kids with learning difficulties and medical issues are often targets of physical violence, threats, teasing and name-calling.\*

It is never okay to bully others and taking THE PLEDGE to stop bullying is a great way to help yourself, friends and other students.

Learn more at: [www.well-beingsafetyassessments.com](http://www.well-beingsafetyassessments.com)

\* [Stopbullying.gov](http://Stopbullying.gov)

\* [Copaa.org](http://Copaa.org)



## 4 Create anxiety, intimidation & fear

Victims of bullying display a great deal of anxiety, intimidation and fear. There are many signs someone may be being bullied.

- Decreased Self-Esteem
- Lost or destroyed personal items or school materials
- Declining grades or not wanting to attend school
- Difficulty sleeping or nightmares
- Unexplained injuries
- Loss of friends
- Acting out toward younger siblings or children
- Running away from home
- Hurting oneself
- Complaints of head hurting or stomach issues



## 5 Secretiveness

Bullies don't want to get in trouble and will keep their actions hidden from parents and teachers. There are signs a student may be bullying others.

- Blame others for their troubles
- Associate with friends who bully others
- Involved in physical and verbal fighting
- Often in Principal's office due to behaviors
- Have unexplained items that don't belong to them
- Increased aggressive behavior toward others
- Hurts pets or animals
- Don't accept responsibility for their behaviors
- Always concerned about their reputation

### What can be done about Bullying?

If you or someone you know is being bullied, talk with a trusted adult and tell them everything that is going on. It is not the victims fault and keeping it a secret will just help the bully remain hidden. Learn more about what to do about bullies at [www.stopbullying.gov](http://www.stopbullying.gov) or [www.well-beingsafetyassessments.com](http://www.well-beingsafetyassessments.com)

