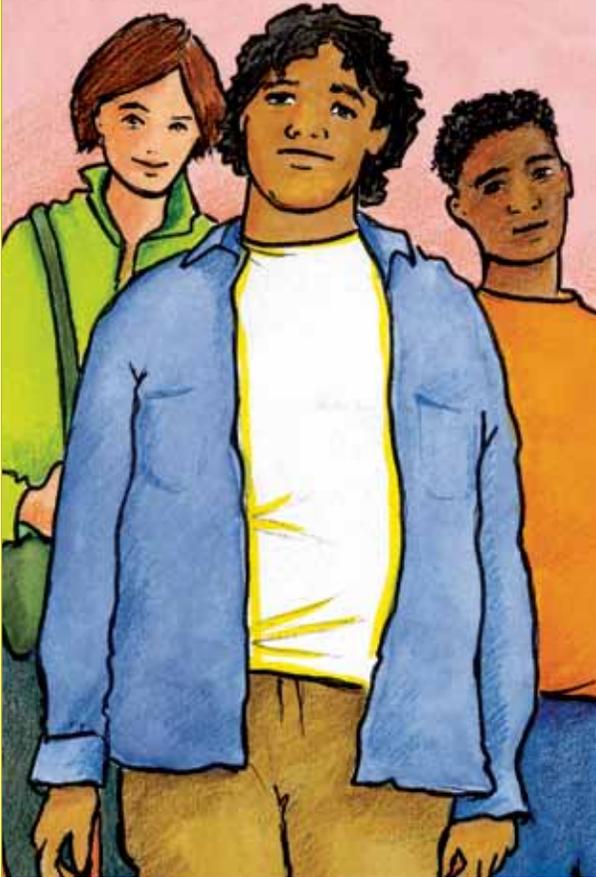




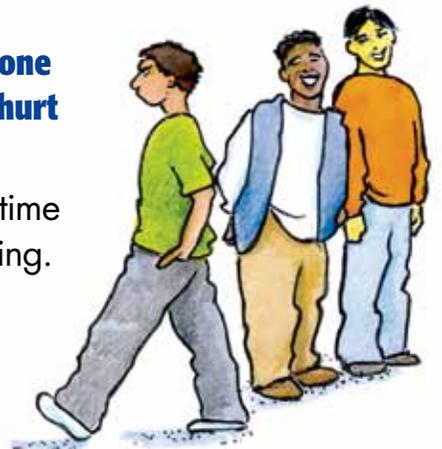
25 Things Everyone Should Know About Bullying



Everyone deserves to be treated with respect. And respecting each other is one thing we can all do to help stop bullying. If you or someone you know is being teased, bullied or hurt, tell an adult you trust right away. Everyone deserves to be safe.

Everyone knows bullying happens. But did you know that bullying hurts everyone – even the bully? Here are 25 important things to know about bullying and what you can do to stop it from happening.

- 1. Bullying is when someone says or does things to hurt another person.**
- Hurting someone one time by mistake is not bullying. But doing it over and over on purpose is.
- Kids who bully may tease other people or call them names. Kids who bully might put others down or leave them out of activities.
- 4. Kids who bully can hurt others by hitting, kicking, shoving or chasing them.**
- Kids who bully may send hurtful text messages, emails or photos, or post them online.
- 6. Both boys and girls can be victims of bullies.**
- There are lots of reasons people might bully others. Kids who bully may think bullying will make them more popular.
- Scaring or hurting others may make kids who bully feel powerful.
- A kid who bullies others might be getting bullied by someone else.



25 THINGS EVERYONE SHOULD KNOW ABOUT BULLYING

10. Someone who is bullied may feel scared, sad, depressed, worried, lonely or angry.

11. **Someone who is bullied may not want to go outside or to school.**

12. If you are being bullied, stay with others. Bullies usually don't pick on people who are in a group.



17. **If you see someone else being bullied, don't ignore it.**

18. Help the person being bullied get away from the bully. Then help them tell an adult.

19. **It is not tattling when telling an adult keeps you or someone else from being hurt or helps you feel safe.**



20. Someone who bullies another person may lose his or her friends. Many kids don't want to hang out with a bully.

21. **Kids who bully can get into serious trouble for hurting others.**

22. If you've been bullying others, talk to an adult. Ask them to help you stop.

23. Even if you don't like someone, you still shouldn't laugh at them, hurt them or exclude them. You are acting like a bully if you do.

24. It is best to treat others the way you want to be treated.

25. **Everyone can do something to help stop bullying.**



13. **Stand up to the person who is bullying by telling them to stop. Then walk away.**

14. Don't fight back. Fighting back may make it worse or get you into trouble.

15. **If you are being bullied, tell an adult you trust – a teacher, parent, principal or friend.**

16. If you tell an adult and they don't help, tell someone else. Sometimes adults don't realize how serious bullying can be.



This pamphlet is not a substitute for professional medical care. If you have questions or concerns, please talk with a health care provider.

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