

STOP BULLYING!



Hey,
Loser!

WHAT IS BULLYING?

Bullying is intentional, aggressive, hurtful behavior to harm, humiliate, manipulate, or exclude someone or a group. There are several types of bullying, including verbal and social. Bullying can happen anywhere (at school, on the bus, on social media, etc.).

TYPES OF BULLYING

PHYSICAL BULLYING

- Hitting / Kicking / Pinching
- Taking or Breaking Someone's Things

VERBAL BULLYING

- Teasing
- Name-Calling
- Threatening Others

SOCIAL BULLYING

- Excluding Someone on Purpose
- Telling Others to not be Friends with Someone



In 2017, **19%** of U.S. students reported they were **bullied** at school and **14.9%** were **electronically bullied***



CYBERBULLYING

Bullying does not always happen in person. **Cyberbullying** is a type of bullying that happens online or through electronic modes such as **phone calls, text messages, instant Messages, emails, websites, pictures/video clips, social media** and **networks** (e.g., Facebook, Snapchat, Twitter), and **online games** in which another person cannot easily defend him/herself.

HOW TO PROTECT YOURSELF AGAINST CYBERBULLYING

THINK BEFORE YOU POST!

Don't post anything you don't want to share with everyone. You never know what someone else will forward.

DON'T SHARE! Keep your password a secret from other students and friends.

TALK TO ADULTS! **1)** Keep your parents in the loop. Listen to what they have to say about what is and isn't okay to do. **2)** Talk to an adult you trust about any messages you get or things you see happening to others online that are hurtful, embarrassing, or harmful.

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