

## Student Tip Sheet: Bullying

### What is bullying?

Bullying is when someone keeps doing or saying things to have power over another person. Up to 70% of middle school and high school students in the United States have experienced bullying in school.

### Types of Bullying

#### Physical Bullying

- Punching
- Pushing
- Shoving
- Kicking
- Inappropriate touching
- Tickling
- Headlocks
- School pranks
- Teasing
- Fighting
- Damaging belongings

#### Verbal Bullying

- Directing profanity at the target
- Tormenting
- Threatening
- Name calling

#### Emotional Bullying

- Spreading rumors about people
- Excluding someone from a group or activity on purpose
- Getting certain people to “gang up” on others
- Silent treatment

#### Cyberbullying

- Is any bullying done through the use of technology (calling, texting, emailing, using social media such as Facebook)

### Are You Being Bullied? Nobody likes to be picked on. What can you do?

- **Speak up against bullying.** Say something like, “stop it.”
- **Walk away.** Act like you do not care, even if you really do.
- **Tell an adult you trust,** such as a parent, teacher, counselor, or administrator. They may have ideas about what you can do.
- **Stick together.** Staying with a group might help.

**Report It!** Students can fill out a bullying report form that is available in Student Services, the Main Office, or on the Student Services website.

Click here for the: [Report Form](#)

Students can file the report anonymously if they choose.

### Things to remember...

- You are not alone.
- It is not your fault. Nobody should be bullied!
- Do not hurt yourself.
- Do not bully back. Do not bully anyone else.
- Do not let the bully win. Keep doing what you love to do.

### Cyberbullying

Stay safe to begin with by following these tips.

- Remember that not everything on the internet is the truth. Some people lie about themselves.
- Keep personal information private, so that people can't use it against you.
- Be careful that you're not acting like a bully online.
- Don't go to sites where people treat you badly.

If you find yourself being cyberbullied:

- **Do not respond to cyber-bullying messages.** The bully wants to feel in control of your emotions, so the best response is no response.
- **Document cyber-bullying.** Save and print out emails, text messages, or screenshots. Don't erase them!
- **Block the cyber-bully** on your phone, IM list, websites, or social media pages. Report inappropriate messages to an Internet service provider or website moderator; report threats to the police.
- **Tell a trusted adult** about the bullying. Tell your teacher, counselor, or administrator if it is school related.
- **Protect yourself:** Never agree to meet face to face with anyone you meet online.

### Have You Seen Bullying?

You can help stop the bullying. Next time you see someone being bullied, try one of these ideas:

- **If it is safe, speak up.** Say something like, “Stop it!”
- **Tell an adult.** Students who are being bullied are sometimes scared to tell an adult. That is where you come in-- tell an adult who you trust. You can tell them in person or leave them a note.
- **Be a friend to the person who is being bullied.** You can still help the student who is being bullied:
  - \* Talk with them.
  - \* Sit with them at lunch.
  - \* Invite them to an activity.
- **Set a good example.** Do not bully others.