What is Bullying?
Bullying is the repeated aggressive behavior that can be physical (Punching or kicking), verbal (name calling) or relational (excluding someone from a group).

What is Cyber-Bullying?
When a person harasses, threatens, or humiliates another person by using a computer, cell phone, or social networking sites.

Reasons why kids bully
To look tough or feel powerful
They are being bullied themselves
To make themselves more popular
To escape their own problems
Tips for elementary school

1) If it’s hard to stand up for yourself, ignore the bullying and walk away, then tell someone who can help.

2) Talk to someone who can help: an older student, your friends, classroom teacher, guidance counselor, school principal, sports coach, parents, or any adult you trust. It really does work when you talk to someone and get help. You may have to tell more than one person. Don’t give up!

3) If you’re scared to talk to an adult on your own, ask a friend to go with you.

4) Go to areas where you feel safe.

5) Stay close to students you can count on to stick up for you.

6) Look confident and tell the child who bullies to back off… bullying is not cool!

7) Stay calm. Try not to show that you are upset when being bullied.

8) Get funny. Humor shows you’re not bothered.

9) Be assertive, not aggressive. Fighting back often makes the bullying worse.

10) No one deserves to be bullied.

11) You can help to make your school a better place by seeking help to stop bullying.

Information retrieved from: http://www.ed.gov.nl.ca/edu/k12/safeandcaring/students/bullied.html
Picture from: The Monster Who Lost His Mean
Tips for Middle & high-school

1) Stay close to students you can count on to stick up for you.
2) Stay away from areas where bullying tends to happen.
3) Talk to someone you trust, like your parents, a friend, a teacher, a counselor, or coach. They can offer support and help develop a plan to end the harassment.
4) Think about how your behavior may be making the problem bigger or smaller.
5) Ignore the bullying and walk away. Make them think you just don’t care.
6) Act confident. Hold your head up, make eye contact, and walk confidently.
7) Make the time to do things that help you feel good.
8) Laugh it off. Humor shows you’re not bothered by it.
9) You’re not alone. Lots of teens struggle with bullying and harassment.
10) Do what’s right. Carrying a weapon might get you in trouble.
11) Keep your cool and walk away, even though you might be upset.
12) Share your feelings with people you trust. You don’t have to struggle alone.
13) It’s not your fault. No one deserves to be bullied.
14) Be assertive, not aggressive. Fighting back can make things worse.
15) It’s okay to ask for help. You don’t have to solve this problem on your own.

Information retrieved from: http://www.ed.gov.nl.ca/edu/k12/safecaring/students/bullied.html
Picture from: The Monster Who Lost His Mean
How to deal with Cyber bullying

- **Don’t respond.** If someone bullies you, remember that your reaction is usually exactly what the bully wants.
- **Don’t retaliate.** Getting back at the bully turns you into one and reinforces the bully’s behavior. Help avoid a whole cycle of aggression.
- **Save the evidence.** The only good news about digital bullying is that the harassing messages can usually be captured, saved, and shown to someone who can help. You need to do this even if it’s minor stuff, in case things escalate.
- **Talk to a trusted adult.** You deserve backup. It’s always good to involve a parent but – if you can’t a school counselor usually knows how to help. Sometimes both are needed. If you’re really nervous about saying something, see if there’s a way to report the incident anonymously at school.
- **Block the bully.** If the harassment’s coming in the form of instant messages, texts, or profile comments, do yourself a favor: Use preferences or privacy tools to block the person. If it’s in chat, leave the “room.”
- **Be civil.** Even if you don’t like someone, it’s a good idea to be decent and not sink to the other person’s level. Also, research shows that gossiping about and trash talking others increases your risk of being bullied. Treat people the way you want to be treated.
- **Don’t be a bully.** How would you feel if someone harassed you? You know the old saying about walking a mile in someone’s shoes; even a few seconds of thinking about how another person might feel can put a big damper on aggression. That’s needed in this world.
- **Be a friend, not a bystander.** Watching or forwarding mean messages empowers bullies and hurts victims even more. If you can, tell bullies to stop or let them know harassment makes people look stupid and mean. It’s time to let bullies know their behavior is unacceptable – cruel abuse of fellow human beings. If you can’t stop the bully try to help the victim and report the behavior.

Information retrieved from: [http://www.ed.gov.nl.ca/edu/k12/safeandcaring/students/bullied.html](http://www.ed.gov.nl.ca/edu/k12/safeandcaring/students/bullied.html)

Picture from: The Monster Who Lost His Mean