

Be Proud of Who You Are!

Know and Understand the Signs of Bullying



Notice the Types of Bullying:

- Physical bullying occurs when a person is hitting, biting, kicking, punching, pulling your hair or tripping you.
- Verbal/Emotional bullying occurs when a person is continuously teasing you, calling you names, spreading rumors about you, making inappropriate comments or leaving you out of group activities.
- Racial bullying occurs when someone uses racial slurs against you, makes fun of your customs, the color of your skin, your accent, or the food you eat.

Are you being bullied?

- If you are being bullied always remember you have a right to feel safe. If you have asked the person bullying you to stop and the act continues, tell an adult you trust.

Is your friend being bullied?

- If you have a friend who is being bullied, encourage them to tell an adult. If your friend is too scared to go to an adult, you can tell an adult for them.

Help Keep Your School Bully Free:

- Ask your teacher to make a confidential Bully Box that students can put notes in if they are too worried to tell someone they are being bullied.
- Help your friends who are being bullied by encouraging them to tell an adult they trust or asking the bully to stop.
- Be a buddy to a younger student who may have problems with bullies.

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