

ALL ABOUT BULLYING

Tips for youth

Bullying is when someone with more power than you repeatedly tries to make you feel bad on purpose. There are several forms of bullying, including:

- **Physical:** when someone uses their body to hurt you
- **Verbal:** when someone hurts you with mean comments or insults
- **Relational:** when someone uses their social power to make you feel bad, like by leaving you out or spreading rumors about you
- **Cyber:** when someone hurts you through mean posts on social media, aggressive texts, or toxic comments in video games.

No matter how it happens, bullying can make you feel angry, sad and powerless. Remember that friends do not bully friends. If bullying is occurring within your own friend group, you should try to find friends who treat you with respect and make you feel safe and welcome, whether in or out of school. All types of bullying should be reported to your parent, teacher or school leader. You don't have to handle this on your own!

WHAT TO REMEMBER IF YOU ARE BEING BULLIED

- **It's not your fault.** Bullying is wrong no matter who is doing it or why.
- **Things will get better.** Things are difficult right now, but it will pass.
- **You are not alone.** There are people who know how you feel and can help you. You can find some ideas for reaching out to people in the section "Asking for Help with Bullying."

HOW TO RESPOND TO BULLYING

Be calm. Bullies like to see that they are getting you upset or mad, but when you don't give them what they want they may leave you alone. You will probably have to do this for a few days or even weeks before it works. Here are some ways to help you stay calm. Practice them so you are prepared when bullying occurs.

- Count to 10 slowly.
- Take slow, deep breaths.
- Imagine something that makes you happy or relaxed. (For example: Picture yourself enjoying a favorite activity)
- Say positive things to yourself in your head. (For example: "I can get through this" or, "They aren't better than me!")

Pretend that you don't care. Turn, shake your head, and walk away. You might be scared inside, but you can deal with that once you are out of the situation. Then, look for a helpful classmate or adult!

Get help from friends, teachers, parents or other adults. Talking to someone you can trust will really help.

If you experience cyberbullying, you should block and report the bully and then tell a trusted adult. Take screenshots if possible. It might also help to take a break from online interactions. If the bullying keeps happening, you may need to cut off contact with the bully by deleting your account and creating a new one.

ASKING FOR HELP WITH BULLYING

- **Don't suffer in silence!** Some kids don't want to tell anyone about bullying because they feel embarrassed, or they don't think anyone can stop it. There is nothing to be embarrassed about! Be sure to tell an adult or friend what's happening to you.
- **Be clear about what you need.** Let them know whether you want someone to just listen or give advice, or help you to tell adults at school about the bullying.
- **Most of the time, it's important to report the bullying so adults can investigate and put a stop to it.** If you are being bullied, it's possible this person is hurting other kids too. You'll be helping yourself and others by reporting the problem!
- **Keep trying.** If the first adult you tell doesn't seem to understand that it's serious, tell another adult.
- **Ask your school for a written safety plan** describing when and how you can get support, and who the trusted adults are who will be checking in with you. School leaders can help adjust your schedule, seating and/or transportation to minimize contact with the bully.
- **Tell adults about "bullying hot spots" at school.** That way, they can arrange extra monitoring that can help you and other kids stay safe.
- **Call a hotline** for advice and support. If you aren't sure who to talk to at school, you can reach a trusted adult by calling or texting your local bullying hotline (availability differs by state).

BULLYING CAN BE ...

Physical = Pushing, hitting, shoving

Verbal = Teasing, insulting

Relational = Starting rumors or leaving others out on purpose

Electronic/cyber = Texting or posting mean messages or pictures



GET INVOLVED

Children, caregivers and school staff all play an important part in bullying prevention. To learn more about the different types of bullying and ways you can help, visit violence.chop.edu/bullying-schools



FIND SUPPORT

Many organizations offer free resources to victims of bullying. For more information, visit violence.chop.edu/bullying-prevention-resources



LEARN MORE

This handout is part of the "All About Bullying" fact sheet series developed by CHOP experts. To access the full suite of educational handouts, visit violence.chop.edu/violence-prevention-tools#fact-sheets