

STOP BULLYING

Bullying is a form of abuse.

It is an intentional act meant to hurt another person emotionally or physically, and it's not OK.

Have you ever been teased or taunted? Received a nasty email or text message? Been physically intimidated? Then you've most likely been the target of a bully. You're not alone: 60-80% of students are bullied at school every year.

Bullying hurts everyone involved. Even the bullies! Bullies tend to have a difficult time

finishing school, and some even spend time in jail later in life. Teens who are bullied by older classmates sometimes become bullies themselves, perpetuating a "tradition" of abuse.

Some believe that bullying is part of growing up, and it's how we learn to stand up for ourselves. There are better ways to learn life lessons than being abused! There is simply no excuse for bullying. No one ever deserves to be bullied, and together we can stop bullying for good!

REVIEW ONLY

THE TARGET
I could be anyone. Bullies tend to single out others who are new to the school, different in appearance, or appear to have low self-esteem. I might be tall, short, have a disability, or a different religious background than the bully. Or, I might be in the wrong place at the wrong time. Since I was bullied, I've worked really hard to be a better person.

THE BULLY
I could be a boy or girl of any age. I tend to be bigger, older, and/or more popular than my targets. I seek out targets in order to feel better about myself. I was most likely the target of abuse at one point in time.

THE BYSTANDER
I am not directly involved in bullying, but I am responsible for what I do or don't do. I face a choice. Do I or don't I get involved? How should I handle this responsibility?

School Datebooks

BULLYING PROFILES

DO NOT SUBMIT FOR PRINT

BULLYING VOCABULARY

- Cruelty:** To harm another who has no means of defense for pleasure.
- Goad:** To continuously torment another in order to get a reaction.
- Target:** A person who a bully often seeks out as a victim.
- Teasing:** Tormenting another in an often clever but cruel way.
- Manipulation:** The act of dishonestly influencing others for personal advantage.
- Fear:** The emotion that holds bystanders away from helping a victim.
- Bully:** An individual who regularly menaces others for personal gain.

TEASING
RUMORS
GOSSIP