

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
PROFILES

THE BULLY

REVIEW ONLY

I usually pick a girl or a boy who is new to the school, different in appearance, or appear to have low self-esteem. 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 TARGET

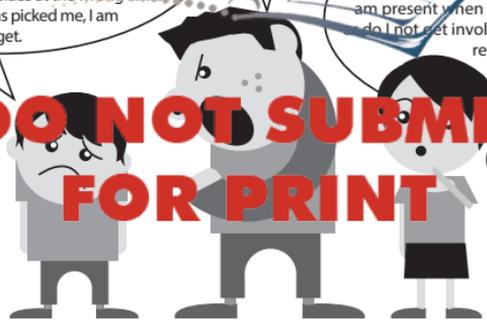
I could be anyone. Bullies tend to single out others who are new to the school, different in appearance, or appear to have low self-esteem. I might be tall, short, have a disability, or a different religious background than the bully. Or, I might be in the wrong place at the wrong time. Since the bully has picked me, I am the target.

School Datebooks

THE BYSTANDER

I am not directly involved in bullying, but I am present when it occurs. I face a choice. Do I do I not get involved? How should I handle this responsibility?

DO NOT SUBMIT FOR PRINT



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!

TEASING
RUMORS
GOSSIP