

# STOP BULLYING

**PHYSICAL BULLYING:** Hitting, poking, pinching, pulling hair, or damaging someone else's things are all examples of physical bullying. Hurting someone physically is never ok, even if they do it first.

**VERBAL BULLYING:** Teasing, name-calling, spreading rumors, insulting, mean jokes, threats, or other verbal attacks that make us feel hurt or threatened.

## Have I ever....

- hurt someone else's feelings because I was jealous?
- made fun of someone because it made me feel better about myself?
- joined in with my friends' taunts even though I didn't actually want to participate?
- pinched, slapped, or physically hurt someone else because they were different?
- damaged someone's property on purpose to make them upset?
- sent hurtful text messages, e-mails, or spread online rumors?
- made fun of someone else simply because I could?

# REVIEW ONLY

True verbal torments can lead to depression, in some cases. If you wouldn't want someone to say something to you, then don't say it to them.

School Datebooks

Do I BULLY?

Sometimes a bully cannot recognize that they are being a bully. . . . .

When we routinely hurt others on purpose we become bullies.

**SOCIAL BULLYING:** Excluding or teasing others who are different from you and your friends (What a geek!). Or, picking someone last or not at all for kickball, just because you don't like them or they are not popular among our friends.

# DO NOT SUBMIT FOR PRINT

**CYBER BULLYING:** Using the internet or electronic devices to engage in verbal or social bullying. Spreading rumors on social media sites and sending hurtful text messages or e-mails are a few examples. In some states, cyber bullying is now illegal. For more information, visit: [www.cyberbullyalert.com](http://www.cyberbullyalert.com).

## REFLECT:

Describe a time you or another person were bullied:  
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Given what you've learned, what would you have done differently?  
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