



BULLY AWARENESS



BULLYING FACTS

Every **7** minutes a kid is bullied

1 out of **5** students report being bullied

Victims of bullying are **more likely to report** bullying when **supported from others**

86% of children report that bullying has interfered with their academics and grades

50% of the time, bullying stops within 10 seconds of a bystander stepping in to help

Millions of kids skip school in a school year because of bullying



WHAT IS BULLYING

1. **Imbalance of power**
2. **The bully enjoys inflicting pain** (emotional/physical)
3. **Bullying repeats over a period of time**



THE 4 TYPES OF BULLYING

NUMBER 1: VERBAL BULLYING

When someone calls you names,
teases you.

This is the most common style of bullying.



THE 4 TYPES OF BULLYING

NUMBER 2: PHYSICAL BULLYING

Physical Harm.

Hitting, Pushing, Knocking Someone Down



THE 4 TYPES OF BULLYING

NUMBER 3: SOCIAL BULLYING

Spreading Rumors,
Leaving Others Out Of Activities On
Purpose,
Breaking Up Friendships



THE 4 TYPES OF BULLYING

NUMBER 4: CYBER BULLYING

Bullying Online

Internet, Social Media, Texting, and Email
to threaten and harm others.



THE EFFECTS OF BULLYING

Feeling lonely, sad, and less-worthy.

Giving up on dreams and goals.

Isolation from family, friends, and activities.

Self-harm



HOW TO STOP BULLYING

BE CALM

- The bully wants to make you upset, mad, and cry.
- If you stay calm and not get upset, the bully will get bored and move on to someone else.
- Bullying is a game about winning and losing.
- Victims can win when they learn to control their emotions, be calm, don't get upset, be consistent and defeat enemies with the power of kindness.
- **Develop resilience, emotional maturity, and positive social skills**
- You should get upset when someone hits/hurts you, tell authorities



HOW TO STOP BULLYING

BE KIND

- **The Golden Rule: Treat everyone like a friend, even your enemy**
- When being bullied, stay calm, and then be kind back.
- Being nice to mean people is a very difficult thing, but when we're nice to our enemies, it's very hard for them to be mean back to us.
- The Golden Rule helps regain control of your happiness and gets rid of bullies in your life.



REPORT BULLYING

IT'S NOT TATTLING

If you feel like you are being bullied,
do not keep it to yourself.

Tell someone you trust, like a teacher, friend or parent,
so they can help you in the situation.



LET'S REVIEW

Nothing good comes from bullying,
and it hurts everyone involved.

Together we can make a difference to
end bullying once and for all

