



# BULLYING

it's never okay

## FAST FACTS

- Bullying is common, but it's not okay. It can hurt those who are bullied, those who bully others, and people nearby.
- Behaviors can – and, hopefully, will – change. It's helpful to avoid labeling people as “bullies” or “victims.” Instead, say “the child who was bullied.”
- Everyone has a role to play in ending bullying. You can be an “upstander” by saying something – either in the situation or to a trusted adult – when you hear or see bullying.

## KINDS OF BULLYING

**Verbal bullying:** inappropriate sexual comments, threats, or name-calling.

**Social bullying:** leaving someone out, spreading rumors, embarrassing someone, or hurting someone's reputation.

**Physical bullying:** violence, spitting, breaking someone's things, or threatening violence.

**Cyber bullying:** sending or sharing hurtful, negative, or false information about someone online.

## TEENS: LET'S TALK

**Who are the supportive adults in your life?** Finding an adult to talk to (like a parent, coach, or teacher) is important, brave, and helps you feel less alone. It can also lead to making the bullying stop. We can work together to identify your supportive adults.

**When and where do you feel safe and connected?** Spending time with people and groups who support and value you can

help you stay strong. We can look into community volunteering or youth group options.

**How do you feel about finding additional support?** It's common for bullying to make you feel sad, scared, or angry. Talking to a therapist can help: we can work together to find a good fit for you.

## PARENTS: KEEP TALKING

As a parent, you can help your teen get out of a bullying situation. Teens often do not tell an adult about their bullying experience out of shame, fear of backlash, or worry about their parent's reaction. You can start the conversation.

It may feel overwhelming, but if you think your teen is being bullied you can help.


**Start with a general question like,** “How are people at school mean to each other? Have you had experiences like that?”

**Calmly say,** “I'm sorry this is happening to you. We're going to get you through this.” Ask questions (above) about sources of safety and connection.

**Say,** “You're not the first person to experience this. We need to connect with the school and file a report so this is documented. Who should we talk to first? Do you want me to call?”

**Say,** “I'm here for you and want to help. Let's both search for additional ideas and resources. And let's set a time to check in.”

## GREAT RESOURCES

 Crisis support: Dial 988 or visit [988lifeline.org](https://www.988lifeline.org)

 Pacer Center: [pacer.org/bullying](https://www.pacer.org/bullying)

 Bullying and cyberbullying resources: [stopbullying.gov](https://www.stopbullying.gov)