



What to Do If You or Someone You Know is Being Bullied

What is Bullying?

Bullying is defined as unwanted aggressive behavior whether verbally, physically or socially directed that involves a real or perceived imbalance of power. The bully uses physical strength, access to embarrassing information or popularity to control or harm others. The behavior is repeated or has the potential to be repeated.

*There are three types of bullying to watch for¹:

- **Verbal bullying** is saying or writing mean things. Verbal bullying includes:
 - Teasing
 - Name-calling
 - Inappropriate sexual comments
 - Taunting
 - Threatening to cause harm
- **Social bullying**, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Social bullying includes:
 - Leaving someone out on purpose
 - Telling other children not to be friends with someone
 - Spreading rumors about someone
 - Embarrassing someone in public
- **Physical bullying** involves hurting a person's body or possessions. Physical bullying includes:
 - Hitting/kicking/pinching
 - Spitting
 - Tripping/pushing
 - Taking or breaking someone's things

- Making mean or rude hand gestures

Steps to Take If You Are Being Bullied²

1. Look at and tell the person in a calm and clear voice to stop. If this is too difficult or is not safe, walk away and stay away. Find a trusted adult and tell them as soon as possible. It is important to share this information, so that you do not feel alone. Adults can help make decisions on how to handle the situation immediately and in the future.
2. In the future, stay near adults and other kids. Most bullying happens when adults are not present.
3. If you have done everything you can to resolve the situation and nothing has worked, or someone is in immediate danger, there are ways to [get help](#)³.

What You Can Do If You See or Know Someone is Being Bullied

1. There are a few safe things you can do to help. Tell a trusted adult whether that is a teacher, parent, coach or other school staff member immediately or as soon as possible. Remember, not saying anything could make it worse for the person being bullied, or for other kids in the future who may be bullied as well. Tell a trusted adult.
2. Be kind and include the student who is being bullied. Perhaps, invite him or her to hang out on the playground, sit with you at lunch or on the school bus. Talking to the person will help him or her feel less alone.

Cyberbullying

Cyberbullying involves bullying that occurs online via social media, text messages or email. Here are a few things you can do to stay safe.

1. Think about what you post or share. Make sure it is not anything that can be hurtful or embarrassing to others or used against you by someone else.
2. Who will see what you post? Be aware of your privacy settings to control who and what others can see. Ask an adult for help if needed.
3. Have your parents “friend” or “follow you” on social media. Let them know who you are talking to and what you are viewing online. Let others know your parents watch your social media pages. This may prevent others from posting or sharing mean or inappropriate content with you.
4. If you see anything that bothers you, makes you feel uncomfortable, scared or sad, let a trusted adult know.
5. [Report cyberbullying](#).⁴

For a full list of helpful resources on bullying, prevention and research, please visit:

<https://www.stopbullying.gov/>

For Educators and Schools.

6+ Steps to Take to Addressing Bullying When It Occurs

<https://www.teacher.org/daily/6-steps-to-addressing-bullying-when-it-occurs/>

For parents, educators, or if you are concerned about someone being bullied, visit:

10 Steps to Stop and Prevent Bullying from the National Education Association <http://www.nea.org/home/72595.htm>

¹ What is Bullying? <https://www.stopbullying.gov/what-is-bullying/index.html>

² What Kids Can Do. <https://www.stopbullying.gov/kids/what-you-can-do/index.html>

³ Get Help Now. <https://www.stopbullying.gov/get-help-now/index.html>

⁴Report Cyberbullying. <https://www.stopbullying.gov/cyberbullying/how-to-report/index.html>