

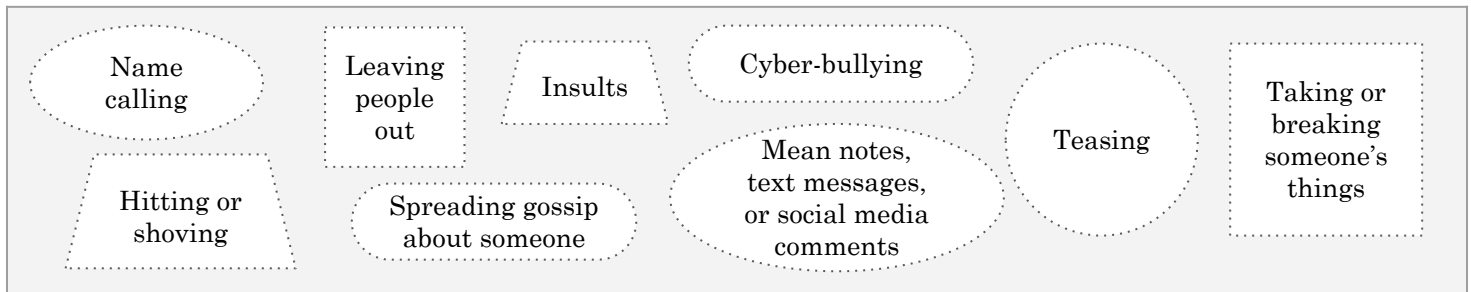
Stop Bullying: Anti-Bullying Strategies

What is bullying?

A DEFINITION: Bullying is when someone repeatedly hurts someone else on purpose, such as pushing, hitting, kicking, or holding them down. It can also be when someone calls people mean names, spreads rumors about them, takes or breaks something that belongs to them, or leaves them out of activities on purpose, over and over again. Bullies are usually stronger, or have more friends or more money, or some other power over the person being bullied. Bullying can happen in person or can happen online, including cyberbullying.

Harvard's Making Caring Common Project and Cartoon Network's Stop Bullying: Speak Up

What does bullying look like?



How can we stop it?

When you find out bullying will take place:

- Tell the person to stop the bullying behavior.
- Refuse to spread any gossip you hear.
- Talk to an adult who can help.
- Reach out to the target: offer to sit with them at lunch or spend time with them during recess.
- Block and report the person on social media.
- Protect yourself using privacy settings on social media platforms.

When you see or hear bullying taking place:

- Act fast. Don't wait for the bully to do harm before you stand up to them.
- Say something to distract everyone, like "Hey, don't we have to go to practice?"
- Challenge the bully by saying something like, "That's not funny, that's mean."
- Reach out to the person being bullied (Offer to sit with them at lunch).
- Find and tell an adult.
- Support the person being bullied by starting a conversation with them.
- Leave the online conversation or chat.

When you find out someone has been bullied:

- Find the person being bullied and talk about what happened.
- Encourage them to reach out to a trustworthy adult. Offer to go with them to do so.
- Pull the person being bullied aside and say, "Don't worry about them. They are like that with everyone."
- Make sure to include the person who has been bullied in activities with your group of friends.

These tips are adapted from: Whitson, Signe. *Friendship and Other Weapons: Group Activities to Help Young Girls Aged 5-11, to Cope with Bullying*. London: Jessica Kingsley Publishers, 2012. Print.