

Bullying Checklist

1. Do you hit, threaten or leave kids out on purpose?
2. Do you take or ruin other kids' stuff?
3. Do you blame other people for your problems?
4. Do you think that some people deserve to be hurt?
5. Do you say mean things about others in person or online?
6. Are other kids afraid of you?
7. Do you tease others about how they look or act?

If the answer to any is "yes", learn what you can do to stop.

Go to PACER.org/bullying



If you would like to read a personal story, please visit:

PACER.org/bullying/getinvolved/student/action/



BEING BULLIED?

FIND OUT HOW

TO STOP IT NOW!

Take a peek inside and check out if you can make a difference in your own life or someone else's!

A Girl Scout GOLD AWARD project created for you, from Drew





Tips and Tricks

If you are being bullied, follow these guidelines to get help

If you see something, say something!

If you see someone being bullied, or harassed, you can tell a teacher, a parent, a coach or counselor. If there's no one to talk to, go to PACER.org/bullying and they can help.

If you feel someone is hurting your feelings, or being mean to you, tell an adult so they can help you with solving the issue in the best way.

You are not alone. We can help.

PACER.org/bullying



You Have a Choice!

You are important

You are worth it

You are talented

You are valuable

You don't have to take it anymore

WEBSITE INFO

PACERTeensAgainstBullying.org

A website for middle and high school students

PACERKidsAgainstBullying.org

A website for elementary school students

PACER.org/WeWillGen

PACER's WeWillGeneration-A student-to-student program

[NationalbullyingpreventioncenterFB](https://www.facebook.com/NationalbullyingpreventioncenterFB)

[teensagainstabullyingFB](https://www.facebook.com/teensagainstabullyingFB)

Statistics:

Nearly 1 in 3 students (27.8%) report bullying in the US in 2013

19.6% if high school students reported being bullied in the last year and 14.8% online alone!

More than half stop when a peer intervenes on behalf of the student.

64% of the children who were bullied did not report it.

School programs decrease bullying by 57%

Reasons for bullying: Looks, body shape and race.

Effects of Bullying: depression, anxiety, sleep disorders and poor school adjustment.

Source: PACER.org/bullying statistics

PACER'S National Bullying Prevention Center

8161 Normandale Boulevard
Minneapolis, MN 55437
PACER.org/Bullying

Drawings courtesy of
Child Educational Center