

Bullying Prevention 101:

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and Planet Fitness' Judgement Free Generation®

What Youth Should Know About Bullying

A quick guide for middle and high school students

WHAT IS BULLYING?

Bullying is typically defined as when:

- A person is being hurt, harmed, or humiliated with words or behavior
- The behavior is repeated or there is a concern that it will be repeated
- The behavior is being done intentionally
- The person being hurt has a hard time stopping or preventing the behavior
- The hurtful behavior is carried out by those who have more power, such as being older, being physically bigger or stronger, having more social status, or when a group of students singles out an individual

WHO IS INVOLVED?

There are three potential roles in a bullying situation:

Targets = The individual(s) to whom the behavior is directed

Those who bully = The individual(s) who are directing the behavior

Witnesses = The individual(s) who see or know of the behavior

TARGET



The individual(s) to
whom the behavior
is directed

THOSE WHO BULLY



The individual(s)
who are directing
the behavior

WITNESSES



The individual(s)
who see or know
of the behavior

CAN SOMEONE BE INVOLVED IN MORE THAN ONE ROLE?

Yes! It's often the case that being bullied, doing the bullying, or witnessing bullying are not distinct categories! It's more common that kids play multiple roles throughout the day.

WHAT YOU CAN DO IF YOU ARE BEING BULLIED OR SEE BULLYING

By learning advocacy skills, you can help to address bullying for yourself and others.

Why is advocacy for self and others important to address bullying?

Advocacy skills can empower you to:

- Ask others to get involved, such as telling your parents or other adults
- Gain confidence to take action to stop the bullying and recognize that you have the right to be safe
- Identify what help you need and think of ways you can respond when bullying happens
- Make choices that lead to positive change for you, such as sharing how others can help you

STUDENT ACTION PLAN

Ready to take action to address bullying? Maybe not sure how to start?

Bullying can end, but that won't happen unless students, parents, and educators work together and take action. Start by creating a plan that works for you and your situation. This student action plan is an opportunity for you – either on your own or with your parents and teachers – to develop a strategy to change what's happening to you or someone else. It's your chance to have a voice in making change.

The plan includes three steps:

Step 1: Describe the bullying that's happening. Include dates, location, who is involved, and details of the behavior.

Step 2: Describe what you would like done about it. Think about how the situation could be stopped or prevented.

Step 3: What steps can you take to make that happen? Include who could help, what they can do, and what you can do.

Download PACER's Student Action Plan template to get started at [PACER.org/publications/bullypdf/BP-25.pdf](https://www.pacer.org/publications/bullypdf/BP-25.pdf)

Your Action Plan Against Bullying! (Example Plan)

Step 1: Describe the bullying that's happening. Include dates, location, who is involved, and details of the behavior.	Step 2: Describe what you would like done about it. Think about how the situation could be stopped or prevented.	Step 3: What steps can you take to make that happen? Include who could help, what they can do, and what you can do.
Kyla is a 10-year-old girl with Down syndrome. A classmate is making fun of her speech.		
Sometimes, when I talk, it can be hard to understand. When it happens, there is this kid named Jordan that imitates me, and he make a big production out of it. He exaggerates my words and then makes sure that all his friends hear it, and a lot of them laugh. It really hurts and makes me wish I didn't have to go to school.	I don't want to get anyone in trouble. I just want him to stop. It's hard when it feels like people are laughing at me because of something I can't control. I want to say something to him but it's not easy to do. I wish one of the other kids would stick up for me. Maybe I could talk with some of my friends and see if they would support me when this happens.	I am going to talk with my mom and ask her for ideas. I am going to ask my mom if we can go to my teacher together and let her know what's been happening. My friend Karla is someone who is always at my side. I am going to ask Karla if I can talk with her anytime when I'm feeling bad. When I feel ready, I want to prepare myself to say something to Jordan, but in the meantime I am going to remember that I have many people who care about me.
Nate is a 16-year-old boy who is tired of seeing his classmate, Jack, get harassed because of the way he walks.		
Sam keeps calling Jack a "spaz." Everyone hears it, but nobody says anything. Sam thinks it's funny. Jack does walk differently, but it's because he has cerebral palsy, which affects how he moves.	Sam shouldn't use that word because it's offensive. I could talk with Jack about how he thinks I could help. Or maybe I could ask our teacher to talk about how words can impact the way we view people. I can say something to Sam, but it would need to be something that wouldn't make things worse for Jack. I could encourage others to say something, too. No one deserves to be treated that way.	I should talk with my guidance counselor and ask him what he thinks of my ideas. I could also ask him if there is anything we can do in class to show how much words can hurt others. If I can make a difference for Jack, then maybe others will figure out they can do something, too.

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YOU HAVE RIGHTS

It is important for you to know that there is legislation in every state designed to protect students in a bullying situation. These laws vary from state to state, but many state that:

- Students who are bullied should be provided with support and strategies designed to keep them safe and prevent further bullying
- Those who are bullying should be given consequences that are appropriate for the situation and circumstances
- Students who witness bullying should be trained on how to respond to bullying and the role they can play in creating a safe school community

For more resources, visit [PACER.org/planetfitness](https://www.pacer.org/planetfitness) and [PACERKidsAgainstBullying.org](https://www.pacer.org/PACERKidsAgainstBullying.org)