

Bullying Prevention 101:

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What Youth Should Know About Bullying

A quick guide for elementary school students

WHAT IS BULLYING?

Bullying happens when:

- Someone is being hurt, either by words or actions, on purpose
- The person is being hurt by someone with more "power"
- The behavior happens more than once
- The person being bullied has a hard time stopping what is happening to them

WHO IS INVOLVED?

Target = The person targeted by the bullying behavior

Person who bullies = The person(s) directing the behavior toward the target

Witnesses or bystander = Those who see the behavior

A person can have more than just one role! The role that any student plays in a bullying situation can change.



DID YOU KNOW...

...there is not just one kind of person who bullies?

It's not about how someone looks; it's about their actions.

...that a disagreement is different than bullying?

A disagreement or argument is when both sides express their views. People don't always agree, and can be in "conflict" when they respectfully share their opposing views without putting down the other person.

...that someone you thought was a friend could be bullying you?

If a friend is treating you in a way that hurts you and you have asked that friend to stop but it still continues, that is not friendship. That behavior could be bullying.

...there is a big difference between telling and tattling?

A lot of kids say that they don't want to tell an adult about bullying because they don't want to be called a tattler. But there's a big difference between telling and tattling. When you report bullying, that is telling and it helps keep everyone safe.

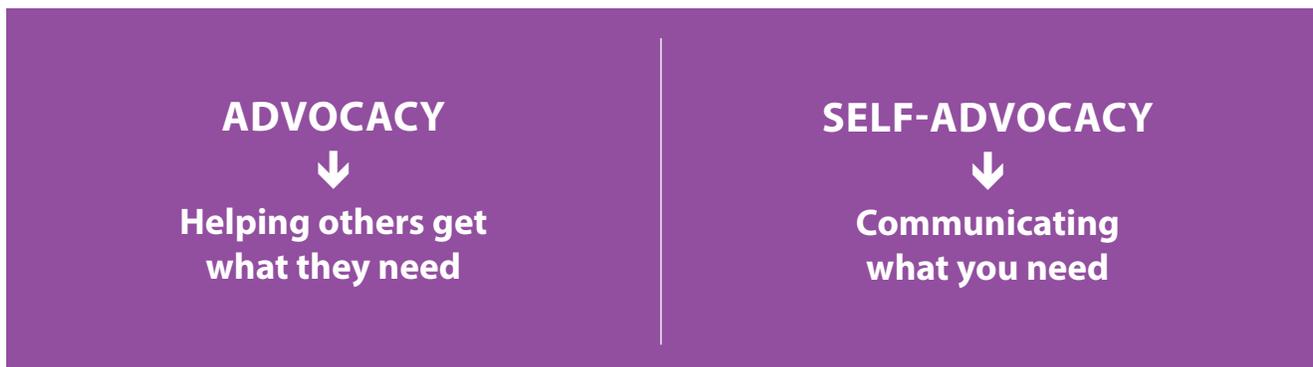
...your school probably has a policy against bullying?

Every state in the nation has a law that prevents bullying in schools. If you don't know yours, ask an adult at your school about it.

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

If you witness bullying, you have the power to stop it.

How? Advocacy skills! Learning advocacy skills can help to address bullying for yourself and others.



Advocacy for self and others can help you:

- Ask others to get involved. Such as telling your parents or other adults!
- Gain confidence to take action to stop the bullying. Such as recognizing that you have the right to be safe.
- Identify what help you need. Such as understanding ways you can respond when bullying happens.
- Make choices that make a positive difference for you. Such as sharing important ideas that others should know will help you.