



Bullying

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What Bullying is.



Bullying is disrespectful. It hurts others whether you're saying rude things or not.

- EX: When you are yelling and telling them they suck at a game or a activity.
- EX: When you are threatening to punch them or to take something from them.

And that is what bullying is all about.

How We Should Treat Others

- Treat people how you want to be treated.
- If someone is a bully, they should have consequences.
- No disrespectful actions(hitting, kicking,etc.)
- Be nice and maybe make new friends.
- Don't be rude or else they will be rude back.
- Listen to other peoples' words.

Bullying can look like this.



How Do You Want Our School Culture To Be?

- We want school culture to be peaceful.
- We want our school culture to be full with kindness
- We want our school culture to be safe.
- We want our school culture to be respectful.

How bullying effects us

- Sad
- Mad
- Useless
- Angry
- Invisible
- Low self-esteem
- Hurt
- Disrespected



When you are bullied you have a blank expression

Possible reasons people bully

- To get attention
- Payback
- Parents bully them at home
- To gain power
- To feel good
- Because bullies don't like themselves
- Jealous
- Revenge

Bullying phrases

- “If you don’t... I won’t be your friend”
- “If you (do something bad) we can be friends.”
- “I’m just playing with you.” when someone is teasing you.
- “If you don’t do this for me, then I’ll hurt you.”
- “Nerd!”
- “stupid”
- “JERK!”

Bullies corner
you when they
say this.



Here's what you should do if this happens to you or you witness it...

- Stay away from people who bully; ignore.
- Ask a bully to stop.
- Share your feelings with the bully.
- Stay with a buddy
- If it's serious, get an adult to help you.
- Call for help.
- Try to help, but don't be a bully yourself.
- Stand up for others
- Try to stop bullying without him or her bullying you.

