



## October is National Bullying Prevention Month

### **BULLYING IS DIFFERENT THAN TEASING**

- HURTING SOMEONE ONE TIME BY MISTAKE IS NOT BULLYING. BUT REPEATEDLY DOING IT INTENTIONALLY IS.
- A BULLY HAS POWER OVER ANOTHER CHILD.
- BULLIES USE FEAR TO CONTROL OTHERS.
- BULLYING USUALLY HAPPENS WHILE OTHER CHILDREN ARE WATCHING.

### **BULLYING PREVENTION TIPS**

- TALK ABOUT THE PROBLEM OF BULLYING.
- IF YOU SEE SOMEONE BEING BULLIED, DON'T IGNORE IT.
- TELL THE CHILD WHO IS BULLYING TO STOP.
- DON'T FIGHT THE CHILD THAT BULLIES.
- WALK AWAY IF POSSIBLE.
- TELL A TRUSTED ADULT ABOUT THE BULLYING: IF YOU TELL AND THEY DON'T HELP, TELL SOMEONE ELSE. SOMETIMES ADULTS DON'T REALIZE HOW SERIOUS BULLYING CAN BE.
- SEEK COUNSELING FOR THE CHILD BEING BULLIED.
- SEEK COUNSELING FOR THE CHILD WHO BULLIES - A CHILD WHO BULLIES MIGHT ALSO BE BULLIED BY SOMEONE ELSE.

### **BULLYING FACTS**

- BULLYING IS AGAINST THE LAW IN GEORGIA SCHOOLS.
- BOTH GIRLS AND BOYS CAN BE BULLIES.
- BULLYING CAN OCCUR WITHIN FAMILIES.
- BULLIES TARGET CHILDREN WHO CRY, GET MAD OR EASILY GIVE IN TO THEM.
- THERE ARE FOUR TYPES OF BULLYING:
  1. **VERBAL** - THREATENING, TAUNTING, TEASING, HATE SPEECH
  2. **SOCIAL** - EXCLUDING VICTIMS FROM ACTIVITIES OR STARTING RUMORS ABOUT THEM
  3. **PHYSICAL** - HITTING, KICKING, PUNCHING, CHOKING OR PUSHING
  4. **CYBER** - CAN INCLUDE VERBAL BULLYING OR THREATS OF PHYSICAL HARM, BUT MAY ALSO UTILIZE WIDESPREAD SHARING AND VIRAL REPETITION OF COMMENTS

### **WHERE BULLYING HAPPENS**

- **AT SCHOOL** - IN THE HALLS, AT LUNCH OR IN THE BATHROOM, WHEN TEACHERS ARE NOT THERE TO SEE WHAT IS HAPPENING.
- **WHEN ADULTS ARE NOT WATCHING** - GOING TO AND FROM SCHOOL, ON THE PLAYGROUND OR IN THE NEIGHBORHOOD.
- **THROUGH SOCIAL MEDIA** - RUMORS ARE SPREAD OR RUDE AND THREATENING COMMENTS ARE SENT ON POPULAR APPS AND POPULAR NETWORKING SITES.

#### **FORMS OF CYBER BULLYING ALSO INCLUDE:**

- POSTING EMBARRASSING PHOTOS
- PRETENDING TO BE SOMEONE ELSE
- FORWARDING SOMETHING THAT WAS MEANT TO BE PRIVATE

### **BULLYING MYTHS**

- REPORTING A BULLY MAKES IT WORSE.
- BULLYING IS JUST A PART OF GROWING UP.
- A CHILD BEING BULLIED WILL GET OVER IT.
- BULLYING ONLY CAUSES PHYSICAL HARM.
- NOTHING CAN BE DONE WHEN BULLYING OCCURS.

**FALSE!**

### **BULLYING VICTIM WARNING SIGNS**

- WITHDRAWS SOCIALLY
- ACTS ANXIOUS OR DEPRESSED
- HAS POOR APPETITE
- MISSES SCHOOL
- MAKES POOR GRADES
- DAMAGES OR STEALS PROPERTY
- THREATENS SUICIDE

Department of Juvenile Justice  
Office of Victim Services:  
1-866-922-6360

U.S. Department of  
Health and Human Services:  
[www.stopbullying.gov](http://www.stopbullying.gov)

## **PREVENTION RESOURCES**

Georgia Department of Education: [www.gadoe.org](http://www.gadoe.org) (1-877-729-7867)

Governor's Office for Children and Families: [www.children.ga.gov](http://www.children.ga.gov)

Prevent Child Abuse Georgia Helpline: 1-800-CHILDREN (1-800-244-5373)

Substance Abuse and Mental  
Health Services Administration:  
[www.samhsa.gov](http://www.samhsa.gov)

Centers for Disease  
Control and Prevention:  
[www.cdc.gov](http://www.cdc.gov)