

# BULLYING PREVENTION AWARENESS MONTH

**Bullying is characterized by unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated over time.**

## VERBAL

Verbal bullying involves saying or writing mean things. Examples include: teasing, name-calling, inappropriate sexual comments, taunting, and threatening to cause harm.

## PHYSICAL

Physical bullying includes hurting a person's body or possessions. Examples include: hitting/kicking/pinching, spitting, tripping/pushing, taking or breaking someone's things, and making mean or rude gestures.

## SOCIAL

Also referred to as relational bullying. Social bullying involves hurting someone's reputation or relationships. Examples include: leaving someone out on purpose, discouraging other children from being friends with someone, spreading rumors, and embarrassing someone in public.

## CYBER

Cyberbullying is bullying that takes place over digital devices and can occur via texting, apps, social media, forums, email or gaming services. Examples include sending, posting, or sharing negative, harmful, false, or mean content about someone else.

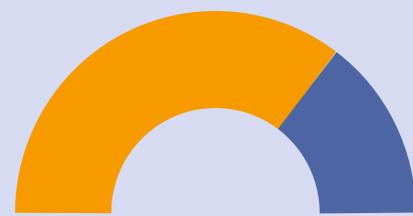
**There is a strong association between bullying and suicide-related behaviors.**



**More than 1 out of every 5** students reported being bullied in 2016.

**30%**

Approximately 30% of young people admit to bullying others.



**70.6%** of youth say they have seen bullying in their school.

**20%**

**TO**

**30%**

Only 20-30% of victims report bullying to an adult.

### WHAT CAN STUDENTS DO?

- Be kind. Treat everyone with respect.
- Stand up for others. Lend your support to the bullying victim and report bullying to a trusted adult.
- Get involved. Be a leader and role model by participating in awareness and prevention efforts (e.g., sharing prevention ideas with school staff, participating in peer education programs, spreading awareness through social media campaigns).

### WHAT CAN SCHOOLS DO?

- Teach students about bullying through discussion, activities, assignments, and presentations.
- Considering using anonymous surveys to better understand your school's climate. Use this data to address prevention efforts.
- To ensure that bullying prevention efforts are successful, all school staff must to be trained on what bullying is, what the school's policies and rules are, and how to enforce the rules.