

# WHAT IS BULLYING?

1. Exclusion. Purposefully leaving someone out or threatening to “break-up,” using the friendship as a weapon.
2. Gossip and rumors. Spreading stories or information behind someone’s back, including ones about being promiscuous, can end up damaging reputations and destroying relationships.
3. Silent treatment. Signaling “our friendship might be over,” or “you’re not worth talking to.”
4. Body language — such as eye rolling, noises (ack!), mean looks and staring — that signals “I hate you.”
5. Verbal put-downs like using sarcasm to be mean, teasing, calling someone a mean name, making repeated abusive phone calls and using phrases after criticism such as “Can’t you take a joke?” or “Just kidding.”
6. Hurtful or damaging texts or posts on Facebook, Twitter or Instagram, even if they end with a “JK” or “LOL.”





# IF YOU SEE BULLYING HAPPENING

1. Talk directly to the victim. Say something to get the victim away, such as “Let’s get out of here.” Ask if she is okay. Ask if she needs your help.
2. Stand near the victim. As others step away, step forward.
3. Provide support. Tell her you’re sorry and you don’t agree.
4. Tell others not to join in on the bullying. You can make a difference by encouraging others to do the same.
5. When you talk to other bystanders, use their names and look directly at them. Tell them to stop laughing and encouraging, then tell them to leave.
6. Show empathy. “I would feel sad and angry too.” “I’m so sorry this is happening.”
7. Encourage the victim to tell an adult. Offer to go with her.
8. If you have not seen the bullying but suspect it is happening, ask. Voice your concern.





# WAYS THAT BEING A BYSTANDER SHOWS YOU AGREE WITH A BULLY

1. Laughing, giggling, ignoring the situation, doing nothing, pointing, staring, whispering to other people about it, gossiping about it.
2. Playing the messenger between bully and victim. If there are problems between friends, encourage them to talk on their own.
3. Spreading rumors you heard.
4. Jumping on the bandwagon. If your friends are ignoring someone, don't ignore her. If you hear a rumor, don't repeat it.
5. Liking or favoriting a mean post on Facebook, Twitter, Instagram or other social sites.





# IF YOU ARE BEING BULLIED

1. Leave the situation. Try to do this before things escalate.
2. Respond directly to the bully. But take time to figure out what to say. Be assertive and confident. Keep a calm and steady voice.
3. Ask for help. If you see someone you know, call them by name. If no one you know is close by, ask whoever is standing close.
4. Use fogging – respond with neutral or affirmative statements that won't escalate the situation. Try things like, "Maybe." "That's your opinion." "Whatever."
5. Use a comeback line. Stump them and make them think twice, but with no intention of angering the bully. You could say, "Whatever you say."
6. If you decide to respond, take time and practice. Be assertive and confident but not aggressive. Keep a calm voice and maintain eye contact.

