

Bullying Hurts EVERYONE

It hurts the kids who are teased. It hurts the kids who are watching and feel guilty for not saying anything. It even hurts the bullies.

WHY DO BULLIES ACT THE WAY THEY DO?

Bullies don't feel very good about themselves.

Sometimes they grow up in homes where someone is yelling at them, hitting them, or ignoring them. Some bullies want to be more popular, get attention from others, and some bully others so they don't get bullied.

WHO ARE THE KIDS THAT GET BULLIED?

Bullies often pick on kids they think are smaller, weaker, or different. Sometimes bullies are mean to other kids they don't understand.

WHAT CAN YOU DO IF YOU ARE BEING BULLIED?

- **Stand up to the bully** - Use body language to show you are not afraid. Stand up straight and make eye contact.
- **Get help** - If you are being bullied, don't keep it a secret. Ask friends or adults for help. Report all bullying incidents.
- **Stick with friends** - There is safety in numbers. Avoid being alone in target areas like locker rooms, restrooms, and places the bully hangs out.
- **Ignore the bully** - Walk away; don't respond; get out of the situation.
- **Agree with the bully** - Say "Whatever," or "You're right," and walk away.
- **Don't seek revenge** - Remember that using violence to solve problems only makes things worse.

WHAT TO DO IF SOMEONE ELSE IS BEING BULLIED?

- **Don't be a bystander** - When no one speaks up, bullies learn they can get away with it. Stand up if you feel safe doing so.
- **Refuse to join in** - Don't take part in the bullying. Refuse to even watch.
- **Give support** - Talk to the person being bullied in private. Be a friend to that person. Make an effort to include others who are normally left out or rejected.
- **Get an adult** - Report any bullying you see to teachers or other adults. They can set clear, nonviolent consequences for future bullying behavior.
- **Speak out** - Distract the bully by changing the subject or using humor. Talk to the bully later, in private. Stand up for the victim. Tell the bully to stop. Get a group to do this with you.

Are You a Bully?

If you know you bully others and you are strong enough to admit it to yourself, you have come a big part of the way.

Think about why you bully. If you really have a problem with it, talk to your parents or school counselor. Sometimes the reason people bully is complicated and you may need help in understanding why you do it.

You probably know the golden rule - "Treat others how you want to be treated". Sounds simple enough, but we all know how hard that can be sometimes. Most of the good stuff in your life, or anyone's life, comes from people who have learned how to treat others with respect.



WHAT NOT TO DO IF YOU ARE BEING BULLIED?

- **Don't** keep it to yourself
- **Don't** fight or bully others
- **Don't** hurt yourself



Tips for Kids: What to Do About Abuse

PHYSICAL ABUSE

If anyone is hurting you, it's okay to tell someone about it, like a parent, teacher, friend's parent, or neighbor. Don't be afraid to ask for help.

Remember, you are a valuable person and you deserve to be treated that way.

You have a right to be safe. Other people don't have the right to hurt you, just like you don't have the right to hurt other people.

Hitting doesn't solve problems, but talking about them can. You're not alone. There are people who help out there for you.

SEXUAL ABUSE

Your body belongs to you, and you have a right to decide how and when anyone touches you! If somebody tried to touch you in ways that you don't like or feels wrong to you, say no!

And be sure to tell somebody, too! Don't forget, if the person you tell doesn't believe you, keep telling until you find someone who does! And remember, if this happens, it's not your fault!

VERBAL ABUSE

Sometimes people say, "Sticks and stones may break my bones, but words can never hurt me!" But, it's not true! Words *can* hurt us.

If your parents' words are hurting you, try to find time to talk it over with them. Write your parents a note. Or talk with someone you know and trust, like a teacher, counselor or friend.

If something is happening in your family that hurts, it's okay to tell someone. You

deserve to be treated as the valuable person you are. You have a right to be safe.



Other people don't have a right to hurt you. And remember, you are not alone. There are other children like you who have gotten help. So reach out!

IF YOU FEEL BAD INSIDE, TALK ABOUT IT.

Feeling bad doesn't mean you're bad. Here are some ideas:

- Talk to your school counselor
- Talk to a friend
- Draw a picture about how you feel
- Write in your diary
- Get more sleep if you are tired
- Read a book or listen to music
- Exercise, walk, bike, or shoot baskets
- Try to talk and listen to the person who made you feel this way

Feelings are ok. But what you do about those feelings is not always OK. No matter how bad you feel, don't hurt yourself or someone else. That will make you feel worse.

Use an 'I' message when someone does something that makes you feel bad: "I get frustrated when you don't listen to my side of the story."



Turn bad into good. When you think something bad about yourself, try to remember something good too. Every morning when you're getting ready for school, look in the mirror, give yourself a big smile and say, "I like myself."

WATCHING OUT FOR OTHERS

If you see a friend or someone else that you know is being hurt you can help them by telling someone. All people are important and have the right to be safe. If you are afraid to tell someone, ask a friend to go with you so you are not alone.

If you are safe and have family, friends, but see others who are being hurt be sure to tell somebody!



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