

# Bullying is *not* OK. Ever.

## What is bullying?

Bullying is making fun of, scaring or hurting another person.

People who bully might use words. They might hit or shove.

### People who bully may **say** mean things. They may:

- Call names or put someone down
- Make fun of something about a person
- Embarrass someone
- Scare or threaten to hurt someone

### People who bully may **do** mean things. They may:

- Keep someone from being part of a group
- Take or break someone's things
- Push, hit, pinch, kick or shove someone
- Make someone do something he or she doesn't want to do

### All of these things are bullying.

People who bully do hurtful things on purpose. They usually bully over and over again.

## How does being bullied feel?

Some people think bullying is not a big deal. They think it's just part of growing up. This isn't true.



It's never OK to make someone feel hurt or scared.

### **Bullying hurts.** People who are bullied may:

- Feel alone, scared or unsafe
- Skip school because they're afraid
- Feel picked on or feel bad about themselves
- Get sick

**People who are bullied** may want to bully others. But it's NEVER OK to bully someone, not even a bully.

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## What if someone bullies you?

**If you're being bullied, it's not your fault.**

You have the right to feel safe. You have the right to ask for help from a grown-up.

- Tell a grown-up about the bullying.
- Talk about the bullying when it happens.
- Ask for help to stop the bullying.

You can ask someone to help you. You might tell your parents or a relative. You might tell your teacher or another grown-up at school.

**If someone bullies you, don't fight or bully back. You could get hurt. Or you might hurt someone else.**

## You can help stop bullying.

You can show others that bullying is *not* OK.

**If you see someone being bullied you can help.**

- If you feel safe, you can say it's not OK to bully.
- Don't stand around and watch or be part of it.
- Help the person who's being bullied get help.
- Find a grown-up and ask for help.

Bullying isn't a joke. It's not a way of playing around. Bullying is mean.



Professional models were used in all photos.

This fact sheet is not intended as a substitute for your health professional's opinion or care.

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