

STAND UP
for what's
RIGHT.

even if
you have to
STAND ALONE.

Respect
DIFFERENCES.
Embrace
KINDNESS.



Be Kind
WORDS
DON'T
Rewind

CYBER BULLYING

Harassment on digital platforms like social media, texts, and websites.



- Recognize and report cyberbullying.
- Don't respond to cyberbullying.
- Block the bully.
- Report the bully to the platform.
- Report the bully to the school.
- Report the bully to the police.
- Report the bully to the FBI.
- Report the bully to the state attorney general.

We All Deserve
RESPECT
Online & Offline

Think before you click:

- Is it **TRUE?**
- Is it **HARMFUL?**
- Is it **LEGAL?**
- Is it **NEEDED?**
- Is it **KIND?**

Let's work together to make our digital world a respectful place!

SOCIAL BULLYING

(Reputation Bullying)

Damaging someone's reputation or social standing through deliberate exclusion & other behaviors.



VERBAL BULLYING

Using words to insult someone emotionally or psychologically.



ABCs of BULLYING



Acknowledgment

First feelings and responses are not always rational. Acknowledge your feelings and take a break.



Boundaries

Establish boundaries for yourself and others. Communicate your boundaries clearly and consistently.



Coping Strategies

Use skills and strategies to manage your feelings and respond appropriately.

PHYSICAL BULLYING

Using force or motions to cause harm to someone's body or possessions.



DON'T
Stand By,
STAND UP!



Be a
Buddy
NOT a
Bully

NO BULLIES
ALLOWED

This is a
ZONE OF
RESPECT



Bullying Awareness Reference

Ying Liu



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