

**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 a trusted adult.
- Don't share personal information.
- Use strong, unique passwords.
- Use privacy settings.
- Don't post anything you wouldn't want your parents to see.
- Don't post anything you wouldn't want your friends to see.
- Don't post anything you wouldn't want your future employer to see.

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  
important. Acknowledging your  
feelings is the first step to  
moving forward.



### Boundaries

Boundaries are lines that define  
what is acceptable and what is  
not. They are important for  
protecting your well-being.



### Coping Strategies

There are many ways to cope  
with bullying. Some strategies  
include talking to a trusted adult,  
seeking support from friends,  
and practicing self-care.

## PHYSICAL BULLYING

Using force or actions  
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

**Emilie Sanchez**



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