

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 to a trusted adult.
- Block the bully on social media and messaging apps.
- Do not respond to cyberbullying messages.
- Use privacy settings on social media.
- Report cyberbullying to the platform.
- Seek support from a trusted adult.
- Take a break from social media.
- Use a password manager to keep your accounts secure.

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

(Relational 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 coping 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

Dan Olweus



Bullying Awareness Reference:

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