

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.



- Don't respond to cyberbullying.
- Block the person who is bullying you.
- Report the bullying to a trusted adult.
- Save evidence of the bullying.
- Don't share any personal information.
- Don't post anything that could be embarrassing or hurtful.
- Don't use social media if you are being bullied.
- Don't use social media if you are bullying someone else.

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.



- Excluding someone from a group or activity.
- Spreading rumors or false information.
- Intentionally embarrassing someone.
- Intentionally embarrassing someone.

VERBAL BULLYING

Using words to
insult someone
emotionally or
psychologically.



- Name-calling.
- Teasing or making fun of someone.
- Threatening someone.
- Insulting someone.

ABCs of BULLYING



Acknowledgment

First feelings and responses are not always rational. It's important to acknowledge your feelings and take a break.



Boundaries

Establishing boundaries is important. It's important to know when to say no and to stand up for yourself.



Coping Strategies

There are many ways to cope with bullying. It's important to find what works for you and to seek help when needed.

PHYSICAL BULLYING

Using force or actions to
intend harm to
someone's body or
possessions.



- Pushing or shoving someone.
- Hitting or slapping someone.
- Taking someone's belongings.
- Damaging someone's property.
- Making fun of someone's appearance.
- Making fun of someone's abilities.
- Making fun of someone's background.
- Making fun of someone's religion.

DON'T
Stand By,
STAND UP!



Be a
Buddy
NOT a
Bully

NO BULLIES
ALLOWED



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