

**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.
- Tell a trusted adult.
- Report the bullying to the platform.
- Don't share personal information.
- Don't post anything you wouldn't want everyone to see.
- Don't use someone else's account.
- Don't bully 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.



## VERBAL BULLYING

Using words to insult someone emotionally or psychologically.



## ABCs of BULLYING



**Acknowledgment**

First feelings and responses are not always rational. Acknowledging your emotions is the first step to managing them.



**Boundaries**

Establishing boundaries is an important part of self-care. It helps you to know when to say no and when to seek help.



**Coping Strategies**

There are many ways to cope with bullying. Some people find it helpful to talk to a trusted adult or friend. Others find it helpful to practice self-care or seek professional help.

## 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**

An illustration of four children of different ethnicities holding a sign that says 'RESPECT'.

# Bullying Awareness Reference

**A Gutmann**



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