

**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 a trusted adult.
- Use privacy settings.
- Don't share personal information.
- Use strong passwords.
- Don't meet online friends in person.
- Use a secure network.
- Use a secure device.

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 often strong & automatic. It's important to acknowledge your feelings in the moment.



### 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 support from trusted adults.

## PHYSICAL BULLYING

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



**DON'T**  
Stand By,  
**STAND UP!**



**Be a  
BUDDY.  
NOT a  
BULLY.**

**NO BULLIES  
ALLOWED**



# Bullying Awareness Reference

**PT Brinkman**



**Bullying Awareness Reference:**

## **Bullying Awareness Reference** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has be evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Bullying Awareness Reference**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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