

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

(Relational Bullying)

Damaging someone's
reputation or social
standing through
deliberate exclusion &
other behaviors.



VERBAL BULLYING

Using words to
humiliate someone
emotionally or
psychologically.



ABCs of BULLYING



Acknowledgment

First feelings and responses are
important. Acknowledging your
feelings is the first step to
managing them.



Boundaries

Boundaries are lines that define
what is acceptable and what is
not. They help you understand
your own limits and the limits
of others.



Coping Strategies

There are many ways to cope
with bullying. Some people
talk to a trusted adult, some
write in a journal, and some
practice deep breathing.

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**



Bullying Awareness Reference

Dan Olweus



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