

**BULLYING DEFINED | BE AN UPSTANDER | TEENS TAKE ACTION**

# Take Action to **BANISH BULLYING**

You can make a difference  
when it comes to  
preventing bullying.

**Discover  
what YOU can  
do at your  
school.  
See pg. 6**

**NO**

# WHAT IS BULLYING?

**U**nfortunately, bullying happens every day, and it hurts. The effects of bullying can be serious and have long-lasting repercussions. Teens who are bullied may suffer physical injuries, loneliness, or low self-esteem, and may develop mental health problems, such as anxiety or depression. These issues can lead to trouble sleeping, lower grades at school, and self-harm (like cutting).

Bullying can be physical (hitting and kicking), verbal (saying or writing mean things), or emotional (attacking someone's reputation or ostracism). Cyberbullying is emotional or verbal bullying using electronics (sending mean texts, Facebook messages, tweets, or spreading unflattering or doctored photos on Instagram, etc.). No matter what form it takes, all

bullying is hurtful. Who wants to deal with repeated, unwanted aggressive behavior against them? No one!

### Want to make a difference?

Support teens who are targets of bullying so they don't feel alone.

Kids who bully usually pick on others whom they target as being different from them. The truth is, we're all different, and that's not something to make fun of—that's something to

celebrate. "It's your own individuality that makes you uniquely who you are," says Julie Hertzog, director of PACER's National Bullying Prevention Center.

Here's the good news: You can make a difference to help prevent bullying—even if you're not the target of any bullying. **How?** By being there and supporting kids who are targets of bullying so they don't feel alone, explains Ms. Hertzog. You could be the person who tries to connect with them and makes a difference. You can also go from being a "bystander" (someone who witnesses bullying but doesn't report it) to being an "upstander" and telling an adult you trust (a teacher, principal, or counselor at school and your parent) what's happening. Adults can help address a bullying situation, and your support can help make things better, too.



**Reach out**—Touch base with someone who has been bullied to see if he or she is okay. Go up to him or her and say, "You didn't deserve that. What can I do to help?" Even if you do it hours later, it still helps. Or, if you'd rather not talk face-to-face, send a supportive text or a private message on Facebook or Twitter.

**Offer a way out**—Help the person being bullied get away from the situation. For example, invite him or her to walk with you to class.

**Tell trusted adults**—Get adults to intervene in a bullying situation. Offer to go with the teen who was bullied to speak with an adult to explain what happened. If the adult does not respond, go to another trusted adult.

**Speak up**—If it is safe and you feel comfortable, tell the person doing the bullying to stop.

**Don't be an audience**—Don't encourage bullying by laughing, standing around watching, or taking photos with your phone and posting them on social media. If your friend is doing the bullying, tell him or her to stop and get him or her to move on to something else.

**Talk to your parents**—Keep your parents in the loop, because if the adult at school doesn't take action, your parents can help make sure the problem is addressed.

If any of these suggestions don't feel right to you, talk to an adult you trust about other options that work for you.

## Know the Facts: Bullying and Teens



**1 in 5**  
Number of kids in grades 9–12 who experience bullying at school



**7 in 10**  
Number of kids who say they've seen bullying in their schools



**Less than 1 in 3**  
Number of bullying cases reported to an adult

Source: StopBullying.gov. Available at: [stopbullying.gov/news/media/facts/index.html](http://stopbullying.gov/news/media/facts/index.html).

## FROM BYSTANDER TO UPSTANDER

### What to Do If You Witness Bullying

Being a witness to bullying can be confusing. You might want to help, but not know how. You might be afraid to get involved, or fear becoming the next target if you say anything. You don't have to say something in the moment to be helpful, but don't hide behind your phone or walk away and forget it either. There are other ways to help. Check out these tips:

**Be supportive**—Offer a kind word or act to someone who is bullied.

**Be inclusive**—Invite everyone to join in so no one feels left out.

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Reach out to someone who is bullied.

# Teens TAKE ACTION to STOP BULLYING

Think what you have to say won't make a difference? Think again! Just look at how these teens are using their creativity to help prevent bullying.



## We Stop Hate

At age 16, Emily-Anne Rigal started a campaign called We Stop Hate that encourages teens to stop hating on themselves, stop hating on others, and stop letting others hate on them. Check out the campaign's YouTube channel ([YouTube.com/WeStopHate](https://www.youtube.com/WeStopHate)), which has more than 17,000 subscribers, and watch videos of teens explaining how they overcame bullying. To get involved, make your own video, or write a positive letter to yourself on the campaign's website. Check out [WeStopHate.org](https://www.westophate.org).



## Bars and Melody

Two boys from the United Kingdom—Charlie Lenehan, 15, and Leondre Devries, 13—wowed the crowd during an episode of *Britain's Got Talent* this year. Together, they form a hip-hop duo called Bars and Melody, and they wrote and performed a rap that was about bullying prevention.

## Zero Conflict Club

Marina Maida, 17, competed in a 2014 Pennsylvania state pageant. Her platform? The power of one: bullying and suicide awareness. As an officer of her school's Zero Conflict Club (a bullying prevention organization), she wanted to spread the message to an even wider audience.



## Don't Stand By, Stand Up

When Nina Montgomery, a New Jersey native, was in seventh grade, she joined Wired Safety, an Internet education organization. She started speaking to schools about cyberbullying, and even spoke to members of Congress in Washington, D.C.! In college, she was inspired to start her own bullying prevention campaign called Don't Stand By, Stand Up. She hosted a rally in a local Ben & Jerry's parking lot, where students waved homemade posters and painted their faces in support.

When Ashley Craig was in seventh grade, a handful of boys would follow her around, taunt her, and even push her down. It made her feel scared to go to school. A year later, a friend of hers experienced something similar and she decided that enough was enough. At High Point Regional High School in New Jersey, she started a bullying prevention organization called S.A.B.B.: Students Against Being Bullied. She created text lines to make it easier for students to report bullying, as well as safe rooms—places where teens who are targets of bullying can go to feel protected. The organization also strives to raise awareness. Now 18 years old, Ashley has given more than 120 presentations to spread the word about the importance of bullying prevention. If you want to start a texting line, create a safe room at your school,

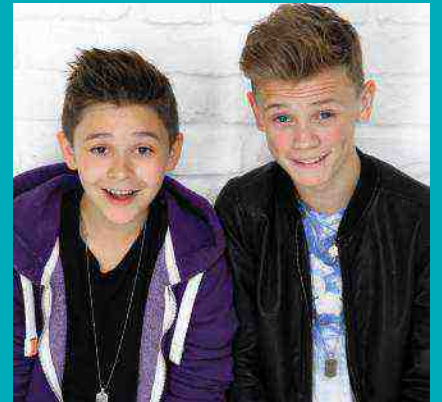
Photos: stop sign, © benkra/Thinkstock; five teens, © Monkey Business/Thinkstock; keyboard, © eelinosiva/Thinkstock; Bars and Melody, © Mirrorpix/Splash News/Corbis; "BULLY FREE ZONE" sign, © Lumir/Thinkstock; hands, © Jacob Wackerhausen/Thinkstock.

or learn how to create your own presentation, learn more at [studentsagainstbeingbullied.org](http://studentsagainstbeingbullied.org).

## All About Perspective

Patrick T'Kindt, a junior at Carroll High School in Fort Wayne, Indiana, was recently named a finalist in the Great American No Bull Challenge video contest for a video he created on bullying prevention called "All About Perspective." He won an all-expenses-paid trip to Los Angeles, California, to compete against 14 others for the grand prize. In the video, Patrick asks people in his town how they'd define bullying, which is followed by a message about why it's important to end bullying. To watch Patrick's video, go to: [youtube.com/watch?v=vRn76nhhFCQ](https://www.youtube.com/watch?v=vRn76nhhFCQ). Why not use your smartphone to make your own video about bullying prevention and then share it on Facebook?

For more examples of students taking action to help prevent bullying, visit [PACER.org/Bullying/getinvolved/student-action](http://PACER.org/Bullying/getinvolved/student-action).



## Now Hear This!

Check out this snippet of lyrics from the rap song "Hopeful" created by Bars and Melody:

*Trying to fit in, where do I belong?  
I wake up every day,  
don't want to leave my home  
My mamma's askin' me why  
I'm always alone*

Bars and Melody detail how painful it can be to be a target of bullying. They've found that expressing themselves through music can be a source of relief. Check out their performance on *Britain's Got Talent* at [youtube.com/watch?v=g3Rf5qDuq7M](https://www.youtube.com/watch?v=g3Rf5qDuq7M).

**What's Your Response?** How could you offer support and encouragement to teens who feel defeated by bullying? If you could write a song for them, what would you say? What words of encouragement would you offer?

Try it—write a song to teens who are bullied to let them know they're not alone and give them hope that things can get better.

# HELP BANISH BULLYING AT YOUR SCHOOL

Feeling inspired to help prevent bullying and create a safer social environment at your school? Check out these ideas.

**Create a Bullying Prevention Committee:** Work with a teacher and some classmates to review your school's bullying policy and then spread the word to make sure everyone at your school knows what to do if they experience or witness bullying. Create posters, a blog on your school's site, and an article for the school newspaper to raise awareness about how your school defines bullying and how (and to whom) students should report bullying.

**Report Bullying:** If you witness bullying, tell the designated person at your school or a trusted adult. Explain what happened. Say you want him or her to be aware of it because you don't want it to happen anymore, and ask for advice on what to do. With cyberbullying, take a screen shot to show the adult.



## Make a Difference:

Try one of these ideas to give your classmates a boost and encourage others to do their part to banish bullying:

**Start** a "Text or Tweet a Compliment" campaign and encourage students and faculty to say at least one nice thing to at least one person every day.

**Launch** a "Join Our Table" movement where each Friday, students have to eat lunch with kids they don't know very well.

**Create** a "Banish Bullying" pledge on a large hallway bulletin board. Include tips to help prevent bullying and invite all students and faculty to sign it.

## Looking for Help?

If you need help with a bullying situation, or you want to help prevent bullying, visit **PACER.org/Bullying**.

If you or someone you know has suicidal thoughts, call the **National Suicide Prevention Lifeline** at **800-273-TALK** or visit **SuicidePreventionLifeline.org**.



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If you need help or want to help, go to



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