

BULLYING IS:

- Mean behavior done on purpose.
- Mean behavior done over and over.
- Mean behavior done by someone using their power unfairly.

Even if it isn't bullying, you may still need help. Unkind choices can be hurtful. It is always okay to talk to a trusted adult about anything that concerns you.

BULLYING HURTS EVERYBODY:

- Anyone can be bullied and anyone can be a **TARGET**.
- Anyone can use **BULLYING BEHAVIOR** and be mean to others.
- Anyone can watch bullying happen and be a **BYSTANDER (ALLY OR UPSTANDER)**. Bystanders can do something or do nothing.

THINGS TO KNOW:

- There are lots of ways to help stop bullying.
- The same idea or strategy won't work every time.
- It's OK to make a mistake. Trying is important.
- It's OK to report.
- Bullying behavior hurts everybody involved.
- Keep asking for help. Don't give up.
- Everyone has big feelings. It's OK to have them, but not OK to express them in unkind ways.
- It's OK to have power. It's not OK to use power in unkind ways.
- You don't have to be a friend to be friendly.
- It's all about **RESPECT: Kindness Counts!**
- Everyone has their own physical and emotional boundaries that help them protect their bodies and feelings.
- It is OK to let others know what your boundaries are. People should ask for permission to enter your personal bubble and should wait for your okay. If someone crosses your boundaries and makes you uncomfortable, talk to an adult right away.
- Identity Based Bullying is when people are bullied because of their core identity: race, culture, religion, disability, sexual orientation, gender or age.



STICKING UP ROUTINE:

1. Make your body nice and strong.
2. Look the person who is bullying in the eye.
3. Say in a calm clear voice, "Stop it please!"



MAKING AN APOLOGY:

1. Say "I'm sorry"
2. Promise to never do it again.
3. Ask what you can do to make it better.

SOME IDEAS THAT CAN HELP:

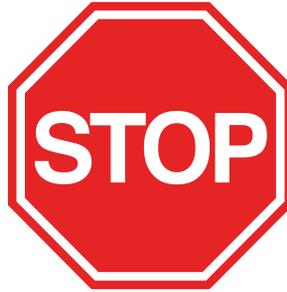
- Be a good role model. Model kind and helpful behavior.
- Use "I language" to share your concerns and what you need.
- "Stop and Think" before saying or doing.
- Breathe. (In through your nose and out through your mouth.)
- Get help. Don't give up. Ask again if the first time doesn't work.
- Report. Reporting is telling to get someone **OUT** of trouble. **Tattling is to get someone IN trouble.**
- Stay safe. Get an adult if you do not know what to do.



STOP AND THINK:

- 1 Put your hands out in front of you and say, "Stop!"
- 2 Take a deep breath in through the nose and **out through the mouth.**
- 3 Point to your brain and say, "Think!"
- 4 Let the wheels turn and say, "How can I help?" (Spin your fingers like wheels.)

Adults
Practice this with your kids!



CONNECT WITH RESPECT!

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SHARING BIG FEELINGS MATCHING GAMES:

Parents/Guardians, read each feeling statement below to your child and ask them to point to or draw a line to the emoji that best fits the feeling.



- "I'm happy you asked me to play."
- "I'm angry that you took my toys."
- "I'm sad when you won't let me play."
- "I'm scared or worried when you yell."
- "I'm confused because I don't understand."

Adults
Practice this with your kids!

FOR MORE HELP CHECK OUT THESE RESOURCES

- Stopbullying.gov
- Boys Town National Hotline 1-800-448-3000
- Commonsensemedia.org



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