

BETWEEN THE LINES | TEAMING UP

TAKE HOME NEWSLETTER

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.



IF YOU ARE BEING BULLIED:

- Take a deep breath, (in through your nose and out through your mouth,) look the person doing the bullying in the eye and say, "I don't like it when ______. Stop or I will tell _____." Look confident, stand up straight and hold your head high. Practice this before you do it!
- Find a friend to be with and who will stick up for you. Tell them you need their help.
- Distract the person doing the bullying. Give them a compliment, "Thanks for caring about what I wear. I'll try to remember your advice next time I go shopping."
- Distract person doing the bullying. Ask them a question, "You really want me to get lost? Where would you go if you were me?"
- · Avoid people who use bullying when you can. THINK SAFETY FIRST!
- · Go to an adult who will listen to you (it is NOT tattling when you are being hurt!)
- If someone is physically threatening/hurting you, make a lot of noise and get away FAST and tell an adult immediately.

Remember: We all deserve respect. Keep trying.

IF YOU THINK YOU ARE USING BULLYING BEHAVIOR:

- Ask yourself: "Am I choosing to use bullying behavior because I don't know what else to do with some big feelings I am having?"
- Try to take a deep breath, in through your nose and out through your mouth.
- STOP and THINK! Will what you say or do hurt someone or their feelings?
- · Try just walking away and finding something else to do.
- Find an adult who will listen. Talk to them and ask for help!

Remember: Treat others like they want to be treated.

HOW TO STOP OR PREVENT BULLYING BEHAVIOR:

- · Be a good role model. Model kind and helpful behavior.
- · Include the person who is being bullied in something you are doing.
- 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.
- If you are worried that someone might hurt themselves or someone else, TELL AN ADULT RIGHT AWAY. Even if they tell you not to. Even if you promise not to. Even if they will be angry at you. Even if you are not 100% sure they will actually do anything. Trust your feelings.



CONNECT WITH RESPECT!

www.respect2all.org 402-965-1425 info@respect2all.org





respect2all_nebraska



FOR MORE HELP CHECK OUT THESE RESOURCES

- Stopbullying.gov
- Boys Town National Hotline 1-800-448-3000
- Commonsensemedia.org
- Suicide and Crisis Life Line Dial 988



The Hawks Foundation
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