

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.

**“SOCIAL BULLYING”**

is not a new thing, but it is a new term used to describe a special kind of bullying and aggressive behavior. In social bullying, people use relationships to hurt other people.

- Social bullying can happen on line or in person. On line bullying can be as harmful (or more) as bullying done in person.
- Social bullying can be as harmful (or more) as physical bullying.

SOCIAL BULLYING EXAMPLES:

- Excluding other people from activities or conversations
- Using words or nonverbal behavior to make people feel unwelcome
- Starting rumors or spreading lies to damage someone else's relationships
- Withdrawing friendship and getting others to do the same
- Focusing on the differences between people rather than on what they have in common

- Take a deep breath, look the person doing the bullying in the eye and say, “I don't like it when you spread rumors about her. Stop or I will tell someone.”
- Invite the person who is being bullied to join you and your group.
- Say something good to and about the person who is being bullied.
- Make friends and stand by them.
- Go to an adult who will listen to you.
- Don't laugh at bullying behavior or give the person doing the bullying any attention for his/her behavior.
- Say something, do something, or tell someone.
- If one adult does not seem to listen to you? Ask again or ask someone else.”

Remember: Reporting is NOT tattling. Be someone's hero!



IF YOU ARE BEING BULLIED:

- It is about another person's need for power. If you seek help, this can end. You are not alone. There are resources to help.
- No one deserves to be bullied. Bullying is about a problem that someone else has with using their power hurtfully.
- Accept that bullying is real and it really hurts.
- Get support from the caring adults in your life.
- Get involved in school/religious/community groups.
- Help care for others: children, the elderly, animals & our planet.
- Hold your head up. Be a role model for others. Be a leader.
- This is an important problem. Get professional help if you need it.
- Ask your friends and peers to help you figure out your options and to do the right thing and stand up for you.
- Avoid people who bully when you can.
- If there is a physical threat, tell an adult right away.
- Find ways to care for yourself, find distractions, use your creativity, and find ways to laugh.
- Call a Hotline.
- Make a list of people who care about you.

Remember: THERE IS HOPE. We all deserve respect. Keep trying.

HOW TO STOP YOURSELF FROM USING BULLYING BEHAVIOR:

- Take a deep breath, in through your nose and out through your mouth. Take a couple of breaths if you need to.
- Stop and think before you say or do something that could hurt someone or their feelings.
- Think about what you are feeling at the times you might want to use bullying behavior and what you else could do with those feelings.
- Instead of using bullying behavior: walk away, say something nice, find someone else to talk with, find something to distract yourself.
- Think about apologizing for using bullying behavior: Say you are sorry. Promise not to do it again. Ask how you can help change the situation.
- Don't give up! It's hard to make changes in behavior! Ask for help if you need to!
- Spend more time on the people and things important to you.
- Find an adult to talk with and who will listen. Ask them for help.

Remember: Treat others like they want to be treated.

CONNECT WITH RESPECT!

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respect2



[respect2all_nebraska](https://www.instagram.com/respect2all_nebraska)

FOR MORE HELP CHECK OUT THESE RESOURCES

- Stopbullying.gov
- [Boys Town National Hotline 1-800-448-3000](http://BoysTownNationalHotline.org)
- Commonsensemedia.org
- [Suicide and Crisis Life Line Dial 988](http://SuicideandCrisisLifeLine.org)



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