

### BULLYING IS:

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

If it isn't bullying? You might still need help. Behaviors can be mean but be due to something other than bullying. These behaviors can be due to unkind choices and hurt people.

### BULLYING HURTS EVERYBODY:

- Anybody can be bullied and be a TARGET.
- Anybody can use BULLYING BEHAVIOR and be mean to others.
- Anybody can watch bullying happen and be BYSTANDERS (ALLIES OR UPSTANDERS.) Bystanders can do something or do nothing.

**Be kind, for everyone you meet is fighting a battle you know nothing about**



**RANDOM ACTS OF  
KINDNESS**



### 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 use 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 unique physical and emotional boundaries that help them protect their bodies and feelings. For example: physical boundaries help communicate if you would rather hug someone or shake their hand or wave hello! Emotional boundaries share information about how you feel about something that is happening.
- It is OK to express what your boundaries are and people should ask for permission to cross your boundaries and wait for your consent that it is ok to do so. If someone crosses your boundaries and makes you uncomfortable, talk to an adult about it.
- Identity Based Bullying – when people are bullied because of their core identity: race, culture, religion, disability, sexual orientation, gender identity/expression, age.

**You have the right to ask for help for yourself or a friend. If you are worried that someone is hurting, or being hurt, might hurt themselves or others, get help from an adult immediately. Even if they tell you not to or tell you they will no longer be your friend if you do.**



## ASK AN ACTOR EDUCATOR: QUESTIONS STUDENTS FREQUENTLY ASK

### 1 - OTHER THAN REPORTING BULLYING, WHAT CAN A BYSTANDER DO TO HELP?

- Distract the person doing the bullying with a joke or question.
- Invite the person being targeted to join you in walking away or doing something else.
- Tell the person doing the bullying to stop.

### 2 - WHAT SHOULD I DO IF I'M BULLIED ONLINE?

- Take a screenshot and share it with a trusted adult.
- Use the REPORT button on the app.
- Log off the site or turn off device.

### 3 - WHY DO SOME PEOPLE ENGAGE IN BULLYING BEHAVIOR?

- Often it's about power and control, things we all need to have a healthy sense of.
- Unfortunately those who bullying seek power and control in ways that hurt others.
- Sometimes it's learned behavior – they've seen or experienced it somewhere else in their lives.

### 4 - WHAT'S THE DIFFERENCE BETWEEN BULLYING AND TEASING?

- If it's teasing, the person should stop if you ask them to.
- If it's bullying, the person will most likely NOT stop no matter what you say or do.
- Teasing is meant to be friendly, not intended to be mean and hurtful.

### 5 - WHO NEEDS MORE HELP, THE PERSON DOING THE BULLYING OR THE PERSON BEING TARGETED?

- Both need different kinds of help. Both could be suffering from emotional, social, behavioral, school or family problems.
- Even Bystanders can be negatively affected by witnessing bullying.
- Everyone involved should talk to a trusted adult to help figure out how much and what kind of help they may need.

### 6 - WHAT IF YOU TELL AN ADULT ABOUT BULLYING BUT NOTHING SEEMS TO HAPPEN?

- Keep reporting it. If you think the first adult is not doing enough, tell another trusted adult. Keep reporting until adults intervene.
- Remember even those doing bullying have the right to privacy. You won't always know if someone received a consequence or got help. It's OK to ask a trusted adult if the situation was resolved.
- Ask a peer to go with you to report what they have seen or heard, too. Sometimes adults need more information before they can take action.



## CONNECT WITH RESPECT!

[www.respect2all.org](http://www.respect2all.org)  
402-965-1425  
[info@respect2all.org](mailto:info@respect2all.org)



respect2



[respect2all\\_nebraska](https://www.instagram.com/respect2all_nebraska)

## FOR MORE HELP CHECK OUT THESE RESOURCES

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



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