



# Fall Away From Bullying

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## What is Bullying?

- When an individual or a group of people with more power, repeatedly and intentionally cause hurt or harm to another person or group of people who feel helpless to respond.
- Bullying can continue over time, is often hidden from adults, and can continue if no action is taken.

## What are some types of Bullying?

1. Physical Bullying
  - Being physically aggressive, using physical intimidation, hitting, kicking, pushing, tripping, or touching in any inappropriate or unwanted way
2. Verbal Bullying
  - Using cruel spoken words, name calling, being disrespectful towards someone
3. Relational Bullying
  - Excluding, getting others to hurt others, or spreading rumors
4. Cyberbullying
  - Spreading lies, false rumors, or mean words through social media, texting, and any other online resource

## For Kids: What can I do?

- Treat everyone with respect and be kind to others
- Understand that everyone is different, but that different is not bad
- If you are being bullied or have been bullied, talk to a trusted adult about the situation

## For Adults: What can I do?

- Understand what bullying is and what it looks like
- Recognize warning signs that your child may be involved in bullying
- Be in open communication with your children about bullying and let them know that they can come to you for help
- Model positive behavior to your children