

EMPOWER YOURSELF

I won't be bullied
I won't be judged
I won't be silent
I AM NOT ASHAMED
I AM STRONG
I AM PROUD TO BE ME

Stop the Escalation - Do not respond to "minor teasing or name calling"; if you can, leave.

Slow down - Try to figure things out.

Emotional Intelligence - Put yourself in the other person's shoes.

Take Action - Untag any photos that may have been posted or request the person who posted the photo to remove it. Let them know it is NOT COOL.

Get Help - A close friend, a family member, a teacher, school administrators, counselors, and even police officers can help you with your response to the bully. You can get their support when you are feeling upset, angry or embarrassed by hurtful comments.

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WHAT NOT TO DO

DON'T sink to the bully's level - Starting your own bullying campaign against the bully will get you nowhere and probably make things worse.

DON'T forward bullying content or messages - If someone sends you a bullying message, forwarding it to a friend only escalates the problem.

DON'T believe the bully - Don't let bullies destroy your self-esteem.

No one deserves to be bullied.



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"Knowing what's right doesn't mean much unless you do what's right."
— Theodore Roosevelt

STAND UP!
PREVENT BULLYING NOW!
SPEAK OUT!



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BULLYING



Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.



TYPES OF BULLYING

- **Verbal bullying** - saying mean things.
- **Social bullying** - sometimes referred to as relational bullying, involves hurting someone's reputation or relationships.
- **Physical bullying** - involves hurting a person's body or possessions.

CYBER BULLYING



CyberBullying is when someone repeatedly harasses, mistreats or makes fun of another person online while using cell phones or any other electronic device. CyberBullying can take many forms:

- Sending mean messages or threats to a person's email account or cell phone.
- Spreading rumors online or through texts.
- Posting hurtful or threatening messages on social networking sites or web pages.
- Stealing a person's information to break into their account and send damaging messages.

CONSEQUENCES

- In-school suspension, weekend suspension or suspension usually from 1 to 3 days.
- Expelled and in severe cases, may have to attend school in another school district.
- Legally you may face charges. You could be charged with harassment or stalking, identity theft, or defamation of character.
- You may be labeled as a criminal on your permanent record. It could prevent you from getting a job or getting into college.
- Florida school policy requires that the victim and the bully must attend counseling.

RULES AGAINST BULLYING

1. WE WILL NOT BULLY OTHERS!
2. WE WILL TRY TO HELP STUDENTS WHO ARE BULLIED!
3. WE WILL INCLUDE STUDENTS WHO ARE LEFT OUT!
4. IF WE KNOW SOMEONE IS BEING BULLIED, WE WILL TELL AN ADULT!