



Bullying



Overview

Even though most of us treat others with kindness, there are some people who choose to be mean. They pick on kids who they think can't or won't fight back. We call this "bullying." It might happen to you. It might happen to a friend, or a kid you know. Let's talk about how to stop it.

Speak up

First, if you're being bullied, speak up. Maybe you can talk directly to the bully. Use a clear, calm voice, and tell them to stop. But if this doesn't feel safe to you, or if you do it and it doesn't work, talk to an adult you trust. That could be a parent, teacher, coach or counselor. Tell them what's happening so they can stop it. But never stay silent.

Stick up for others

What if someone else is being bullied? Well, you can help them feel safe by being their friend. Talk to them. Ask them to sit with you, or to join you for an activity. And speak up for them if they aren't speaking up for themselves.

Cyberbullying

Finally, be aware of cyberbullying. That's when a bully posts mean things about someone online, or says mean things in text messages or emails. Be smart when you use social media. Think carefully about what you share with others. You don't want to spread things that hurt other people. And if you see cyberbullying, report it to an adult as soon as possible.

