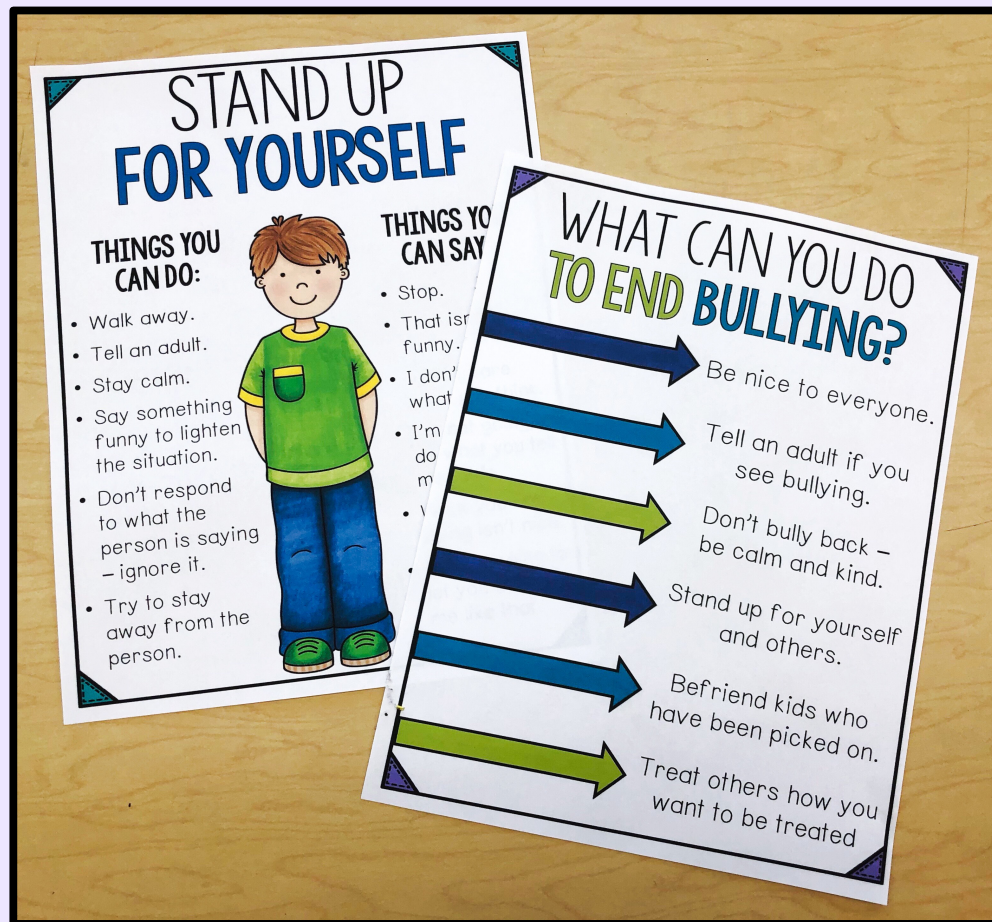


# Use these posters to help your students learn what bullying is, how to stand up for themselves and others, and how to spread kindness!



- Display them in your classroom or office, in the hallway, on bathroom stall doors, on lockers, etc.
- Use them as visual aids during your bullying prevention lessons
- Print the black & white version on colored paper to make it stand out!

# Students will learn what bullying is, the types of bullying, and why bullying is serious.

## WHAT IS PHYSICAL BULLYING?

Touching someone inappropriately

Beating someone's things

Physically bullying someone or something

## BE ON THE LOOKOUT FOR CYBER BULLYING

## VERBAL BULLYING CAN SOUND LIKE...

## BULLYING IS SERIOUS

**IT AFFECTS EVERYONE.**  
Bullying doesn't just affect those who get bullied. Bullying affects those who bully, those who get bullied, and those who witness bullying.

**IT AFFECTS PHYSICAL HEALTH.**  
Kids who are bullied may have trouble sleeping, a change in eating patterns, and other health complaints.

Information from

## WHAT IS EMOTIONAL BULLYING?

is harming someone by damaging their reputation or relationships.

**EXAMPLES INCLUDE:**

- Ignoring someone on purpose
- Excluding someone
- Spreading rumors
- Manipulating or controlling someone to do what you want them to
- Embarrassing someone on purpose

- Making threats
- Mean comments
- Mocking someone

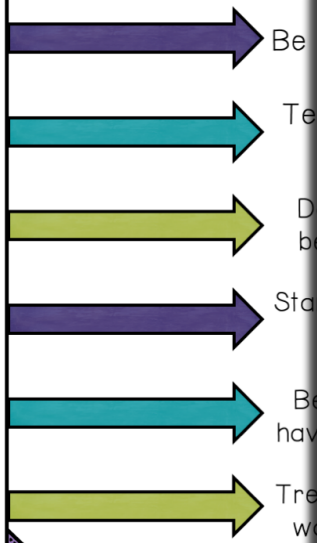
## IS IT BULLYING?

Not everything that's mean is bullying! Bullying is when someone does something to someone else that is **hurtful**, **on purpose**, and **repeated**. The person doing the bullying is also **more powerful** in some way, such as bigger, stronger, or more popular.

- REPEATED**  
Bullying is something that happens more than once.
- HURTFUL**  
Bullying hurts the other person physically or emotionally.
- ON PURPOSE**  
Bullying is not something that happens on accident.
- SOMEONE IS MORE POWERFUL**  
Bullying is done by someone who is more powerful in some way than the target. Examples: smarter, bigger, more popular, etc.

# Students will learn ways to stand up for themselves and others.

## WHAT CAN YOU DO TO END BULLYING?



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## STAND UP FOR YOURSELF

### THINGS YOU CAN DO:

- Walk away.
- Tell an adult.
- Stay calm.
- Say something funny to lighten the situation.
- Don't respond to what the person is saying – ignore it.
- Try to stay away from the person.



## WAYS TO TELL SOMEONE TO STOP

## DON'T BE A BYSTANDER STAND UP FOR OTHERS

You have the ability to stand up for others! If you see someone being bullied, here are some things you can do!



- Be a friend to someone who is being picked on
- Don't laugh or join in with the person who is doing the bullying
- Tell the person to stop being mean
- Help the person who is being bullied get away from the person who is doing the bullying
- Talk to an adult you trust about what you've seen

## BE AN UPSTANDER, NOT A BYSTANDER

## IF YOU SEE BULLYING, SAY SOMETHING!

Be afraid to tell. Bullying is serious and adults need to know about it so they can help. If you or someone you know is experiencing bullying, tell an adult you trust like...

- Your teacher
- Your counselor
- Your principal
- Your parents
- Your grandparents
- Your babysitter
- Your neighbor

An **upstander** is someone who says something about the bullying. An **upstander** works to prevent bullying from happening, and actively stands up for anyone who is being bullied. An **upstander** sees bullying happening and doesn't do anything about it. An **upstander** may even laugh or joke with the person who is doing the bullying.

# Students will think about how spreading kindness can help put an end to bullying!



All 16 posters come in color and black & white!