



- * 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
- * Request the person who posted the photo to remove it
- * Get Help — A close friend, a family member, a teacher, school administrators, counselors, and even police officers
- * You can get their support when you are feeling upset, angry or embarrassed by hurtful comments

Resources: Netsmartz.org
University of New England, Child Bullying and Suicide

Make the Pledge

To Stand Up
& Speak Out Against Bullying.

To Recognize The Inner Worth
& Value of Everyone.

To Show Others Kindness,
Respect & Eliminate Hurtful
Behavior.

To Recognize My Ability To
Create Change.

To Be The Change
You Want To See In The World.



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STAND TOGETHER
STAND STRONG



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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.

CHOOSE

When YOU CHOOSE joy, YOU feel good & when YOU feel good, YOU do good & when YOU do good it reminds others of what joy feels like & it just might inspire them to do the same.

***A Negative Mind
Will Never Give You
A Positive Life***



Cyberbullying - bullying through Internet applications such as instant messaging (IM), social networking sites, and cell phones.

Did You Know?

- * *Bullying is the most common form of violence*
- * *Playground statistics - every seven minutes a child is bullied*
- * *More than 760,000 U.S. students stay home from school each day for fear of being bullied*
- * *Between 15 percent and 30 percent of students are bullies or victims*
- * *282,000 students are physically attacked in secondary schools each month*
- * *1 out of 5 kids admits to being a bully, or doing some "bullying"*

You CAN Prevent Cyberbullying!



- * *Refuse to pass along cyberbullying messages*
- * *Tell friends to stop cyberbullying*
- * *Block communication with cyberbullies*
- * *Report cyberbullying to a trusted adult*
- * *Speak with other students, teachers and school administrators, to develop rules against cyberbullying*
- * *Raise awareness by holding an assembly and creating fliers to give to younger kids or parents*

