

## How can you positively contribute to a safe community?

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Students:

- ◆ **Understand** that bullying is **serious** and has severe consequences.
- ◆ **Think** before you speak.
- ◆ Do not engage in hurtful behavior towards others.
- ◆ If you see something wrong, **report** it.

Parents:

- ◆ Stay involved in your child's life.
- ◆ Teach your child(ren) to **respect** others.
- ◆ Ensure that bullying has **consequences** in the household.
- ◆ If your child is struggling, make sure that they have adequate **support**.

For more information please visit:

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[bullyfree.com](http://bullyfree.com)

[kidshealth.org](http://kidshealth.org)

[makebeatsnotbeatdowns.org](http://makebeatsnotbeatdowns.org)

[stopbullying.gov](http://stopbullying.gov)

[thebullyproject.com](http://thebullyproject.com)

[pledgenorip.com](http://pledgenorip.com)



**Office of the Victim Advocate**

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Fax: 860-560-7065

[www.ct.gov/ova](http://www.ct.gov/ova)

## A Guide to Living Bully Free

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## What is bullying?

**Bullying is when a person or group of people repeatedly threaten or harm another person intentionally.**

- ◆ **Physical bullying:** includes any physical harm
- ◆ **Verbal bullying:** includes name-calling, and other insults
- ◆ **Cyberbullying:** includes harm via digital technology (texts, internet)
- ◆ **Covert bullying:** anything meant to destroy someone's reputation that is done without their knowledge

## What does bullying look like?

- ◆ Name-calling
- ◆ Hitting, kicking, pinching, tripping
- ◆ Threatening
- ◆ Teasing
- ◆ Stealing
- ◆ Mean text messages or posts
- ◆ Spreading rumors
- ◆ Sexually harassing

## What can you do if you are a victim of bullying?

- ◆ Avoid contact with the bully.
- ◆ Make sure to walk with someone trustworthy as often as possible.
- ◆ Tell an adult you trust about the bullying.
- ◆ Walk, or run away if you feel that you may be in danger.

## What can you do if you witness someone being bullied?

- ◆ Speak out against the bully by saying something like "Don't treat them that way."
- ◆ Be a friend to the person who is being bullied.
- ◆ Report the bullying to a teacher or trusted adult.
- ◆ Make an extra effort to include kids who seem to be left out.

## Who are victims of bullying?

- ◆ **ANYONE** can be a victim of bullying. **NO ONE** deserves to ever be bullied.
- ◆ 1 in 7 students grades K-12 is a victim of bullying, and 56% of students have witnessed bullying in their school.

## What if you are the bully?

- ◆ Immediately stop bullying others!
- ◆ Talk with adults that you trust, sharing with them if you have feelings of anger.
- ◆ Start treating others the way you would want to be treated.
- ◆ When you get upset, stop and think instead of hurting someone else.

## How do you know if your child is being bullied?

There may be a drastic change in their behavior such as:

- ◆ Withdrawal from social groups
- ◆ Decline in school performance
- ◆ Unwilling to attend school
- ◆ Lost or broken belongings
- ◆ Scratches or bruises

## How can you help your child stay safe?

- ◆ Keep an open line of communication with your child, ensuring that they can trust you.
- ◆ Listen carefully and be observant when your child talks about school.

### If you suspect bullying:

- ◆ Talk to your child about your suspicions.
- ◆ Contact the school.
- ◆ Give sensible advice to your child.
- ◆ Do not just keep your child home from school.