Childhelp | PREVENTION EDUCATION

BULLYING PREVENTION & RESPONSE

Bullying is an adverse childhood experience that can have lasting negative impacts on the target of bullying, the person bullying others, and even those who witness bullying.

TYPES OF BULLYING

Bullying is unwanted and repetitive behavior that is mean or aggressive. It can take many forms and is meant to hurt, upset, or control someone.

- Physical: hitting, pushing, tripping, taking or destroying personal belongings
- Verbal: name-calling, making threats, teasing or joking in a hurtful way
- Social: excluding, gossiping, spreading rumors
- Cyberbullying: sending or posting mean messages or images online
- Sexual: inappropriate comments, physical contact, or sharing explicit images

PREVENTION: BUILD RESPECT & EMPATHY

- Teach kids to treat others with kindness and respect.
- Encourage kids to appreciate differences and accept others.
- Model empathy and positive social behaviors.
- Empower kids to be upstanders by helping them learn helpful strategies such as including someone who is left out, speaking up, and asking an adult for help.
- Remind kids that empathy, kindness, and respect apply online also.



RESPONDING: ACTIONS FOR ADULTS

- If you see bullying, intervene immediately and take the situation seriously, separate those involved, and ensure everyone is safe.
- Support the child being bullied and hold the child bullying others accountable.
- Educate youth about empathy, respect, and consequences of harmful behavior.
- Ensure adults provide adequate supervision in all areas.
- Avoid conflict resolution and peer mediation which have been proven to not be effective.

RESPONDING: EDUCATION FOR YOUTH

- Teach kids strategies to use if they are the target of bullying, such as confidently telling the person to stop or using humor if it might help the situation.
- Teach them to avoid locations where bullying is more likely such as isolated places and areas where there is no adult supervision.
- Encourage kids to stay in a group as there is safety in numbers.
- Ensure kids feel comfortable seeking help from a safe adult.
- Empower kids to be upstanders and encourage them to speak up for others, be a friend to someone in need, stand up to cyberbullying online, and to provide support for their peers.



Need Help?
Visit childhelp.org/resource-library for more information or to find your local reporting contact information. The Childhelp National Child Abuse Hotline is available 24/7 to provide support and resources. Call, text, or chat: 1-800-422-4453 or visit ChildhelpHotline.org.

Preventing **ABUSE BY** *building* **CONNECTED, PROTECTIVE COMMUNITIES**

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