



Responding to & Reducing Bullying

What is considered bullying?

Bullying can come in many different forms including: social, physical, and verbal bullying. Bullying includes: saying or doing things that make another feel bad on purpose, threats, insults, leaving others out of social situations, as well as using both cell phones and the internet to harass others.

Three Types of Bullying:

Physical: hitting, pushing, shoving, kicking, poking, bumping, tripping and pulling hair.

Verbal: teasing, name-calling, insulting, mimicking, threatening and blackmailing.

Mental: gossiping, ignoring, isolating, excluding, taking things and spreading rumors.

There are three types of people involved in bullying:

#1 – the people who bully

#2 – the people who are bullied

#3 – the bystanders. These are the people who aren't involved in the bullying, but they still are involved. These people hold the power to stand up and stop bullying if they see it occurring.

Responding to bullying:

- Don't fight back! Fighting back will only escalate the situation, and you could end up getting seriously hurt. The goal is to avoid violence!
- Tell the person who is bullying to stop! Remain calm. Make eye contact with the person and tell him or her to stop clear, firm voice. Don't insult or threaten.
- Show that it doesn't bother you. People who bully want to get a reaction from you. Even if you are afraid, try not to show it.
- Walk away. Go somewhere else. Find an adult on campus to tell, so you can get some help.
- Don't encourage the bullying. Don't smile or laugh. Don't spread rumors or gossip that you hear.

Make sure you report any instances of bullying to an adult on campus, such as a teacher, AP, counselor, etc. Walker has no tolerance for bullying on our campus!

