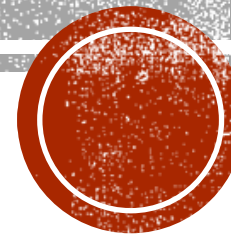
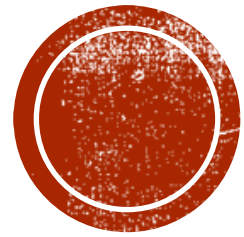


# BULLYING 101

Think Before You Do

Katy ISD Counseling Department  
8th Grade





# Know the facts

What is bullying?  
Types of bullying  
Effects of bullying

# Definition of Bullying?

According to the Texas Education Code, bullying is as an act or pattern of acts by one or more students directed at another student that exploits an imbalance of power and involves written or verbal expression, expression through electronic means, or physical conduct, that:

- 1.) physically harms another student, damage a student's property, or places a student in fear of harm;
- 2.) is severe, persistent, or pervasive enough to create an intimidating, threatening or abusive educational environment for the student;
- 3.) disrupts the educational process or orderly operation of a classroom or school;
- 4.) infringes on the rights of the victim.



# What is Bullying?

It is bullying if:

- The person is being hurt, harmed or humiliated with words or behavior.
- The behavior is repeated, though it can be a single incident.
- The behavior is being done intentionally.
- The person being hurt has a hard time defending themselves from the behavior.
- The person who is bullying has more power.\*



# How is Someone Bullied?

Bullying can be:

- Physical
- Verbal
- Emotional
- Sexual
- Cyberbullying



# Effects of bullying, cyberbullying, and harassment

Kids who are bullied are more likely to experience:

- Depression and anxiety, increased feelings of sadness and loneliness
- Changes in sleep and eating patterns
- Loss of interest in activities they used to enjoy
- Health complaints
- Decreased academic achievement and school participation
- More likely to miss, skip, or drop out of school.



# Effects of bullying, cyberbullying, and harassment

Kids who bully are more likely to:

- Abuse alcohol and other drugs in adolescence and as adults
- Get into fights, vandalize property, and drop out of school
- Engage in early sexual activity
- Have criminal convictions and traffic citations as adults
- Be abusive toward their romantic partners, spouses, or children as adults



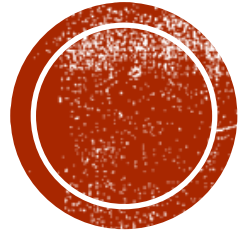
# Effects of bullying, cyberbullying, and harassment

Kids who witness bullying (bystanders) are more likely to:

- Have increased use of tobacco, alcohol, or other drugs
- Have increased mental health problems, including depression and anxiety
- Miss or skip school







# What to do about bullying

How to respond to different types of bullying if it is happening to you or someone else

# How to respond to and discourage bullying

- **SPEAK UP**
- Tell the person how their words or actions made you feel.
- Talk it out. Listen.
- Agree to have an open conversation
- Walk away and don't engage



# What to do if you have been bullied



# What Is Cyberbullying?

- text, e-mail, message, or in a post online.
- can be anonymous
- can spread quickly
- it's public
- 24/7 - hard to escape



# WHAT CAN YOU DO ABOUT IT?

## Prevent It

- Maintain your privacy with passwords, photos, personal information
- Think before you post
- Keep your personal life personal
- Think with compassion and empathy



# If It Happens To You

If you're being cyberbullied, here's what you can do:

- Tell your parents or another trusted adult.
- Save everything – emails, messages, posts, screenshots.
- Talk to someone at your school
- Report harassing comments, fake profiles, or inappropriate photos.



# What to do if you are cyberbullied



## If You See It Happen

If you see someone being bullied online, here's what you can do:

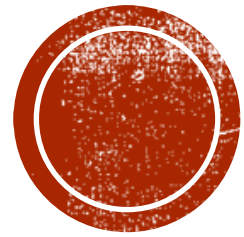
- Don't participate
- Report it
- Respond with positive support
- Reach out to the person being bullied





# What to do if you witness someone being bullied





# Treat Everyone with Respect

Be a Positive Influence

# Nobody should be mean to others

- Stop and think before you say or do something that could hurt someone.
- If you feel like being mean to someone, find something else to do. Play a game, watch TV, or talk to a friend.
- Talk to an adult you trust. They can help you find ways to be nicer to others.
- Keep in mind that everyone is different. Not better or worse. Just different.
- If you think you have bullied someone in the past, apologize. Everyone feels better.



# Need help or want to help?

- If you **See something, Say something!**
- Find an adult (teacher/staff, counselor, principal, or parent) to **immediately report** concerns you may have.
- Download the **Speak Up** app on your phone or tablet to report things that concern you.

All tips are thoroughly investigated by campus personnel, police & a crisis management team.



Tips may include

weapons

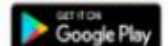
suicide

bullying

self harm

other concerns for safety

Download the Speak UP app on your mobile or smart device.



For more information visit [www.katyisd.org/SpeakUP](http://www.katyisd.org/SpeakUP)

Made with PosterMyWall.com

# Resources

[www.tea.texas.gov](http://www.tea.texas.gov)

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

<http://preventingbullying.promoteprevent.org/>

[www.pacer.org](http://www.pacer.org)

