




**STAND UP! STEP UP! SPEAK UP!**  
**UNITE AGAINST BULLYING!**



# Unity Day 2022

October is National Bullying Prevention Month, and Wednesday (October 19th) is **“Unity Day”** where students from all over the world are wearing orange to unite and stand together against bullying, united for kindness, acceptance and inclusion.



BECK JUNIOR HIGH  
INVITES YOU TO  
STAND UP AGAINST  
BULLYING!

# UNITY DAY

JOIN US IN  
WEARING  
ORANGE ON  
OCTOBER 19TH!



UNITED FOR  
KINDNESS,  
ACCEPTANCE,  
AND  
INCLUSION.



Students wearing  
ORANGE on October 19th  
will be entered into a raffle  
for a **FREE** Chick Fil A  
Sandwich

# Did you know...?

- In the US, 1 in 5 students ages 12-18 have been bullied during the school year (*National Center for Education Statistics*).
- Over half of students ages 12-18 who reported being bullied believed their bullies had the ability to influence what other students thought of them (*National Center for Education Statistics*).
- **More than half of bullying situations (57%) stop when a peer intervenes on behalf of the student being bullied** (*National Bullying Prevention Center*).

# What is 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.



# **Bullying is not:**

- Disliking someone
- Accidental physical contact (like bumping into someone in the hallway)
- A disagreement or argument
- Telling a friendly joke
- Bossy
- Having a difference of opinion
- One-time fight or altercation

# What are the different forms of bullying?

<b>Verbal</b>	<b>Physical</b>	<b>Social</b>	<b>Cyber</b>
Insults	Hitting	Spreading Rumors	Abusive, hurtful, threatening text, email, social media post, or videos
Teasing	Tripping	Exclusion	
Intimidation	Kicking	Humiliation	
Threats	Pushing	Public Embarrassment	Intimidating others online or using their login
	Property Damage		

# Effects of Bullying

Bullying can have severe and long-lasting consequences. Some effects of bullying may include:

**Feelings of anger, sadness, loneliness, and depression**

**Feeling bad about one's self**

**Thoughts of hurting one's self or others**

**Feelings of hopelessness**

**Changes in sleep, appetite, and behavior**

**Withdrawal from friends and social activities**

**Afraid to go to school or places where the bullying is occurring**



# HOW CAN WE PREVENT BULLYING?

On the piece of paper, I want you to write down three things:

- something difficult you might be experiencing. Are you worried or stressed?
- OPTIONAL: your name
- if you would like to talk to me about it later. draw a star next to your name.

## **NOW WHAT?**

- How did you feel, what were you thinking when you heard some of the answers being read out loud?

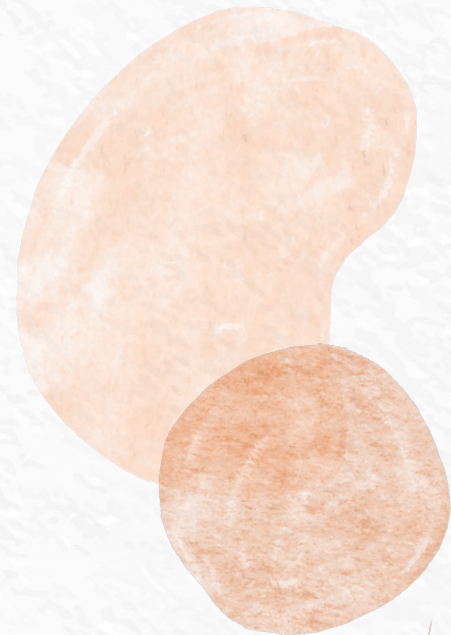
## WHAT IS THAT FEELING?

- When you heard other's stories and experiences and you felt all this, what is that?

**EMPATHY!**

# HOW CAN WE PREVENT BULLYING?

It starts with having **EMPATHY**, being able to understand how another person might be feeling.



# **BE AN “UPSTANDER”** - by speaking up or acting in support of a person who may be experiencing bullying behaviors.

- Start with **EMPATHY**
- **Support** the person being bullied
- Show **compassion** and **encouragement**
- **Don't participate**
- Tell aggressors to **“STOP”**
- **Report** bullying/cyberbullying to a trusted adult immediately
- **Appreciate** people for who they are
- **Be an ally** online



# **Don't Stand By, Stand Up**

[https://www.pacer.org/bullying/video/  
player.asp?video=69](https://www.pacer.org/bullying/video/player.asp?video=69)

# Need help or want 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 **SpeakUP 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

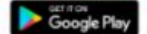
suicide

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)