



# STOP The Bullies !

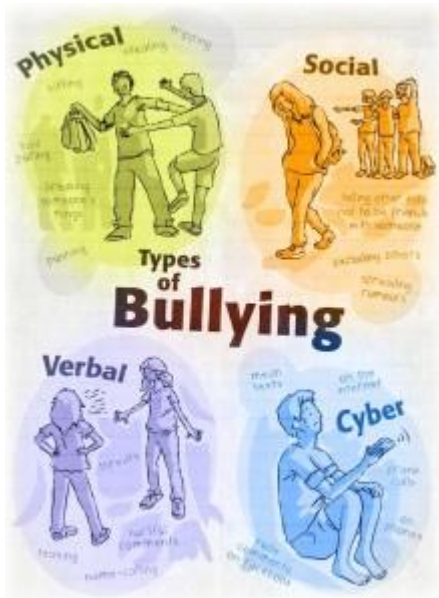
At school, one of the biggest problems is bullying!

## + WHAT IS A BULLY?

A bully is someone who uses his or her power to hurt, trouble, bother, annoy or oppress another person.

## + WHAT IS BULLYING?

The **repetitive, intentional hurting** of one person or group by another person or group, where the relationship involves an **imbalance of power**. Bullying can be physical, verbal, social or cyber.



**Physical** – it can mean hitting or kicking or pushing or shoving, or making someone do something they don't want to do.

**Verbal** – it can mean calling someone names, saying or writing things, spreading rumors or threatening someone.

**Social also called emotional or psychological** – it can mean making someone feel unsafe, uncomfortable or scared, leaving them out of activities, ignoring them or making them feel invisible.

**Cyber** – it can mean **sending, posting, or sharing negative, harmful, false, or mean content about someone else**. It can include sharing personal or private information about someone else causing embarrassment or even humiliation.

## + WHY DO SOME PEOPLE BULLY?

Some kids bully to make other people afraid of them. They think it will put them in control. Some kids bully to make themselves look bigger or tougher. Some kids think it will make them more popular. Some kids bully because they feel insecure. Most bullies want people to look up to them and admire them. All bullies bully to get attention! It doesn't matter why someone is a bully – **No one has the right to make someone else feel uncomfortable or unsafe.**

**Bullying is wrong and should be stopped!**

