

## **National Bullying Awareness and Prevention Month.**

Every morning, there will be a different message about what you can do to stop bullying! Bullying can happen in many different ways. It can include teasing, being hurtful to someone, ignoring them or hurting them. It can also happen anytime – in person, online, on the phone, in class, or on the bus.

Adults may not see when someone is bullied. This happens because bullying often happens outside the view of adults. This is why it is important to report bullying to an adult! Adults want to know about it and stop it from happening.

Bullying is never ok. The great thing is that there is a lot that you can do to stop or prevent it. If you see bullying happening whether to you or someone else, you need to take action. Tell another person – a friend or trusted adult. **If you see something, say something!**

[Video Link One](#)

### **DO YOU KNOW WHAT BULLYING IS?**

Bullying happens when someone keeps hurting, frightening, threatening, or leaving someone out on purpose. Bullying is deliberate, repeated over time and a situation in which one person has more power than the other. Bullying can be done with words, with technology such as cell phones or computers and it can also be physical.

[Video Link Two](#)

**Bullying is never ok. If you see something, say something!**

### **DO YOU KNOW THE DIFFERENCE BETWEEN BULLYING AND CONFLICT?**

Conflict is a disagreement that happens when people want different things. The people involved in a conflict have equal power to solve the problem. They are not purposely trying to hurt each other. Bullying is different. Bullying is unfair and one-sided. It happens when someone keeps picking on someone on purpose. The goal of bullying is to make the victim feel scared or bad about himself or herself and that is not okay. All kids have conflicts – disagreements that end up in arguing or fighting, which is different from bullying.

[Video Link Three](#)

### **DO YOU KNOW WHAT A BYSTANDER IS?**

Today we want to talk about an important group of people called bystanders. A bystander is someone who watches something happen without being part of it. People who watch a bullying situation are bystanders. There is a saying that goes, “If you’re not part of the solution, you’re part of the problem.” Bystanders give power to the bully by giving a bullying situation their attention. Sometimes they give the bully power by laughing at the victim which only makes the situation worse. Being a bystander of a bullying situation is not okay.

**Bullying is never ok. Be part of the solution. If you see something, say something!**

[Video Link Four](#)

### **DO YOU KNOW HOW TO PREVENT BULLYING?**

Always be kind and make everyone feel welcome. It’s never okay to criticize or be mean to someone because he or she is different from you. We feel good about ourselves when other people care about our feelings and are kind to us.

This helps make our school a safer and friendlier place. Remember that everyone can do something to stop bullying!

**Don’t be part of the problem, be the solution!**