

## KNOW THE 5 FORMS of BULLYING

- Physical
- Verbal
- Relational Aggression
- Emotional/Intimidation
- Cyberbullying

**90%** of students don't like to see another person being bullied

**60%** of those who bully others will have a criminal record by age 24



## CONTACT

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Source of Information:  
CENTER FOR SAFER SCHOOLS  
<http://www.ncpublicschools.org/cfss>



SPEAK OUT AGAINST  
BULLYING



For more information - Call your school administrator  
and/or school counselor.

# RUDE

Inadvertently saying or doing something that hurts someone else.

The difference with being rude and mean has to do with one's intention. Being rude is most often NOT intentional or meant to hurt someone's feelings.

# MEAN

Purposefully saying or doing something to hurt someone once (or maybe twice).

Being mean is intentional and aims to be hurtful. Kids that are mean to one another are angry, jealous, or have the mistaken concept that to make themselves appear better they need to minimize others.

# BULLYING

Intentionally aggressive behavior, repeated over time, that involves an imbalance of power.

A person who bullies does so intentionally to hurt someone and does so without remorse. A bully will use their power of physical strength, access to information, popularity, social status or other forms of dominance of control and harm others. Bullying behavior occurs more than one time or has the potential of happening more than once.

## How do I deal with bullying?

You might not be able to control bullying situations, but you can control how you respond to them. Here are a few pointers for addressing bullying in effective ways.

### -STAND UP FOR YOURSELF

-by speaking, appearing, or walking away with confidence. Bullies look for a response, either that of fear or aggression. This fuels them to continue to bully.

### -BE CONFIDENT IN WHO YOU ARE

If you are criticized by a characteristic that you have, love it and own it. We are all different and all unique. It's what makes us individually special

### -ADVOCATE FOR YOURSELF

Seek HELP. Do not think you can handle this alone. Here are some ways to advocate for yourself:

- Involve a trusted adult
- Make a report
- Speak with a school counselor if you feel the situation is affecting your schoolwork, relationships or daily activities.

### -BE RESILIENT

We are better to bounce back from difficult situations when we increase in our healthy daily living habits and surroundings.

## From a Bystander to an Upstander

### BE THE CHANGE

- Don't give a bully an audience. Do not stand idly by or around. This only encourages the bully to continue the bullying.
- Intervene quickly **ONLY** when it is safe to do so from the situation and head to a safe location. (You can stop a bullying situation within 10 seconds!)
- Tell a trusted adult such as parents, teachers, school counselors, etc. or make an anonymous tip using your schools method of communication.
- Change your school culture by making bullying an unpopular thing.
- Show **KINDNESS** and **COMPASSION** to victims of bullying.

