



# PUTTING AN END TO BULLYING

1 IN 3  
STUDENTS SAY  
THEY HAVE BEEN  
BULLIED AT SCHOOL.

## A form of youth violence,

bullying can hurt a child both physically and emotionally. It can include everything from name calling to spreading rumors. Children who are being bullied may become depressed or anxious. They may have trouble sleeping or begin to have difficulties at school.

Most bullying happens in middle school. The most common types are verbal and social bullying.

There is no reason for anyone to be mean to others. Children and teens can take an active stance by doing the following:

- **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.

*\*Information from Stopbullying.gov*