How can you positively contribute to a safe community?

Students:
- **Understand** that bullying is serious and has severe consequences.
- **Think** before you speak.
- Do not engage in hurtful behavior towards others.
- If you see something wrong, **report** it.

Parents:
- Stay involved in your child’s life.
- Teach your child(ren) to **respect** others.
- Ensure that bullying has **consequences** in the household.
- If your child is struggling, make sure that they have adequate **support**.

For more information please visit:

- bullyfree.com
- kidshealth.org
- makebeatsnotbeatdowns.org
- stopbullying.gov
- thebullyproject.com
- pledgenorip.com

Office of the Victim Advocate
505 Hudson Street, 5th Floor
Hartford, CT, 06106
860-550-6632
Toll Free 1-888-771-3126
Fax: 860-560-7065
www.ct.gov/ova
What is bullying?

Bullying is when a person or group of people repeatedly threaten or harm another person intentionally.

- **Physical bullying**: includes any physical harm
- **Verbal bullying**: includes name-calling, and other insults
- **Cyberbullying**: includes harm via digital technology (texts, internet)
- **Covert bullying**: anything meant to destroy someone’s reputation that is done without their knowledge

What does bullying look like?

- Name-calling
- Hitting, kicking, pinching, tripping
- Threatening
- Teasing
- Stealing
- Mean text messages or posts
- Spreading rumors
- Sexually harassing

What can you do if you are a victim of bullying?

- Avoid contact with the bully.
- Make sure to walk with someone trustworthy as often as possible.
- Tell an adult you trust about the bullying.
- Walk, or run away if you feel that you may be in danger.

What can you do if you witness someone being bullied?

- Speak out against the bully by saying something like “Don’t treat them that way.”
- Be a friend to the person who is being bullied.
- Report the bullying to a teacher or trusted adult.
- Make an extra effort to include kids who seem to be left out.

Who are victims of bullying?

- **ANYONE** can be a victim of bullying. **NO ONE** deserves to ever be bullied.
- 1 in 7 students grades K-12 is a victim of bullying, and 56% of students have witnessed bullying in their school.

What if you are the bully?

- Immediately stop bullying others!
- Talk with adults that you trust, sharing with them if you have feelings of anger.
- Start treating others the way you would want to be treated.
- When you get upset, stop and think instead of hurting someone else.

How do you know if your child is being bullied?

- Withdrawal from social groups
- Decline in school performance
- Unwilling to attend school
- Lost or broken belongings
- Scratches or bruises

How can you help your child stay safe?

- Keep an open line of communication with your child, ensuring that they can trust you.
- Listen carefully and be observant when your child talks about school.

If you suspect bullying:

- Talk to your child about your suspicions.
- Contact the school.
- Give sensible advice to your child.
- Do not just keep your child home from school.