

# WHAT IS

La Porte Independent School District



## THERE ARE (4) COMMON TYPES OF BULLYING

### Verbal-Bullying

Calling someone names, teasing people, threatening to beat someone up, joking about a person's appearance, intentional comments to make someone mad

### Physical-Bullying

Hitting, spitting, kicking punching, biting, scratching, pushing, tripping, or making offensive & threatening gestures

### Emotional-Bullying

Ignoring someone, excluding someone from an activity, spreading rumors, mean-mugging or mad-dogging, laughing at someone when they make a mistake or accidentally embarrass themselves

### Cyber-Bullying

Posting negative messages, texting negative messages, using fake or false accounts and emails to cause harm or wrong-doing to someone, stealing online pictures and using them for slander, talking trash or disrespecting someone using a social network such as MySpace, Facebook, Twitter, etc.

## NOBODY WINS

**When someone bullies, people get...**

- Hurt
- Depressed
- Isolated
- Scared

**When someone bullies, the Bully gets...**

- In trouble
- Suspended
- Expelled
- Tickets

## DEALING WITH BULLIES

### TRY TO PREVENT IT

Stay around friends, walk away or get away from them, avoid eye contact, don't hang out with them, don't compromise your self-values to fit in with them, talk with an adult, teacher, or counselor.

### STAY STRONG

Don't cry, don't get mad, don't get bothered, don't let them know your hurt, try to act as normal as you can.

### REMEMBER

Bullies feed off of emotions and other people's reactions. If you don't give them the pleasure of hurting you then you take their power and motivation away.

### HELPFUL TIPS

Try to remain confident, talk with friends, label your belongings, leave valuable items at home, stay in areas where there is an adult near-by, fill out a Bullying Report Form.

## CHEAP ADVICE

1. Respect your friends and classmates
2. Be honest, fair, and friendly
3. Be a leader, not a follower
4. Treat people the way you want to be treated