



# ABOUT BULLYING

**You deserve interactions and relationships that feel safe and respectful.** Bullying is when someone chooses to use strength, status, or words to hurt another person, and the harm often lasts well beyond the moment. Being the target of someone's bullying does not mean there is something wrong with you. Bullying is about the choices of the person who bullies, **not about your worth.**

People bully others for many reasons — sometimes to feel more powerful, to cope with their own insecurities, or because they are struggling with challenges at home or school. People who have been through trauma may struggle in different ways —sometimes by lashing out and bullying, and sometimes by being more at risk of bullying themselves. No matter the reason, bullying is never okay. **It's important to find a friend or a trusted adult to share what you're experiencing — you don't have to face it alone.**

Follow for more resources!

**@freeyourfeelsga**

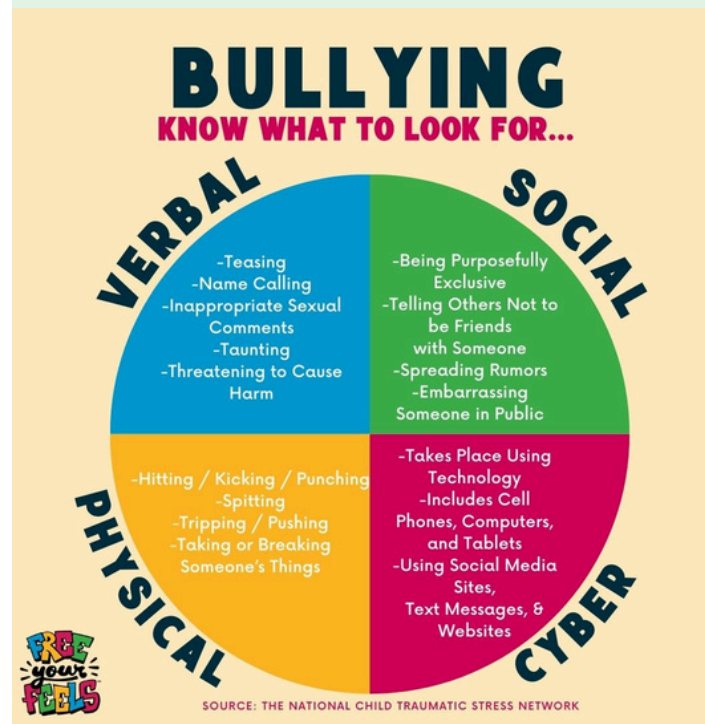


# FIND YOUR VOICE

**If you're being bullied or see it happening, connect with your inner strength. Try saying:**

- "You don't get to treat people like that."
- "I see what you're doing, and it's not okay."
- "I'm not sure why you keep saying these things about me, but I don't care."
- "Let's move on!"
- "Stop — I won't accept your disrespect."

**You don't need insults — speaking up with confidence shows you're in control.**



# MORE THAN A BYSTANDER

A **bystander** sees bullying but does nothing. Often, people stay silent because they assume someone else will step in — this is called the **bystander effect**.

An **upstander** takes safe action: they show support, speak up, or tell a trusted adult. Even small actions can stop bullying quickly, protect the person being targeted, and encourage others to act.

Students who engage in upstander behaviors—such as confronting the bully or reporting the incident—often experience increased self-esteem, academic achievement, and a sense of future optimism.

**Source: StopBullying.gov**

## ACTIVITY

Take a few minutes to pair up with a friend and discuss:

1. A time you were bullied. How did it feel? How did you respond?
2. A time you saw someone else being bullied. How did it feel? Did you intervene, or wish you could have?

Talk about how you might handle similar situations differently now that you know what it means to be an upstander.

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## RESOURCES

**National Child Traumatic Stress Network** – Bullying and Trauma Facts Handout

**StopBullying.gov** – Information on prevention and what to do if you're being bullied

**National Bullying Prevention Center** – Free resources and activities for students, parents, and schools

**988 Suicide & Crisis Lifeline** – For immediate support if bullying impacts your mental health

