Stomp Out Bullying
What is bullying?

• Bullying is unfair and one-sided behavior.
• It happens when someone keeps hurting, frightening, threatening, or leaving someone out on purpose.
• There is an imbalance of power.
• The mean behavior happens again and again.
What is bullying?

- https://www.youtube.com/watch?v=tYx4CSOtsl0
Bystanders can help

https://www.youtube.com/watch?v=eeqQCyQOCPg
Poster examples

Bee a Friend -- Don't Bully!
Stand up for one another
Bullying can hurt
Bullying hurts
Just say NO

- Keep Calm
- Don’t Fight
- No Bullying Zone
- Bullying Stops Here!!
- Accept Others
- Stop Bullying
Bully Free Zone
Strategies to Stand Up to Bullying

Be an Upstander!

1. Be a buddy- be a friend.
2. Interrupt.
3. Speak Out- “that’s mean. Don’t do that!”
4. Tell an adult.

Be an Upstander and help stomp out bullying!