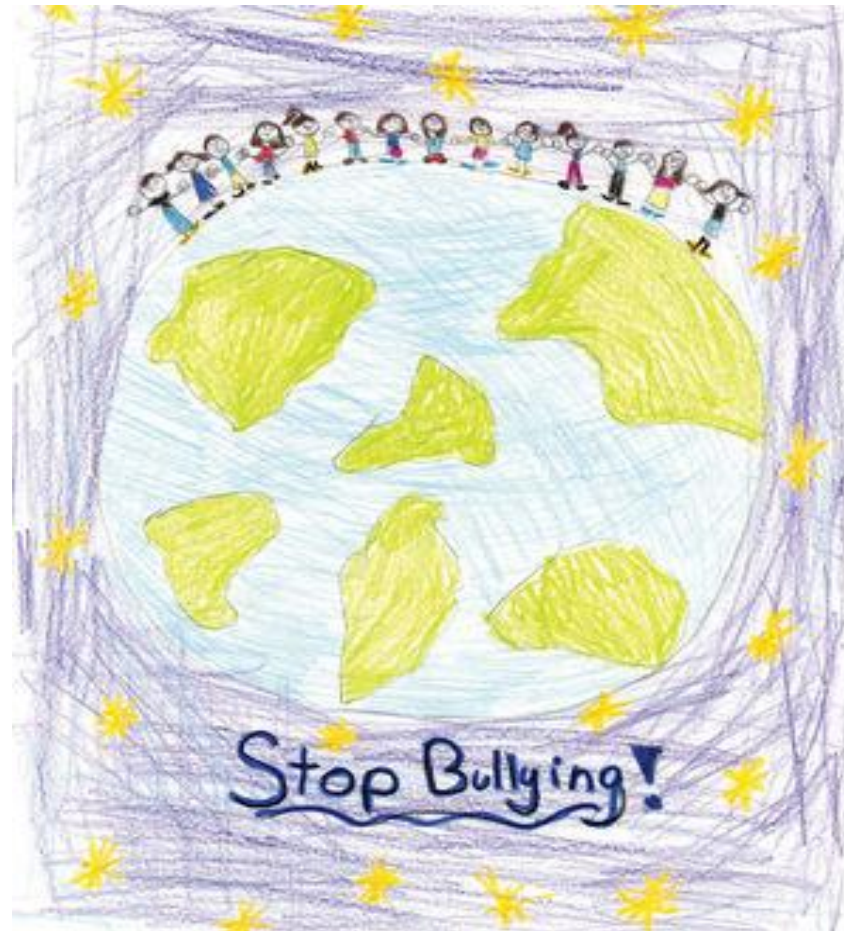


# Stomp Out Bullying



# 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=tYx4CS0tsl0>



# Bystanders can help

<https://www.youtube.com/watch?v=eegQCyQOCPg>



# Poster examples



# Stand up for one another



# Bullying can hurt

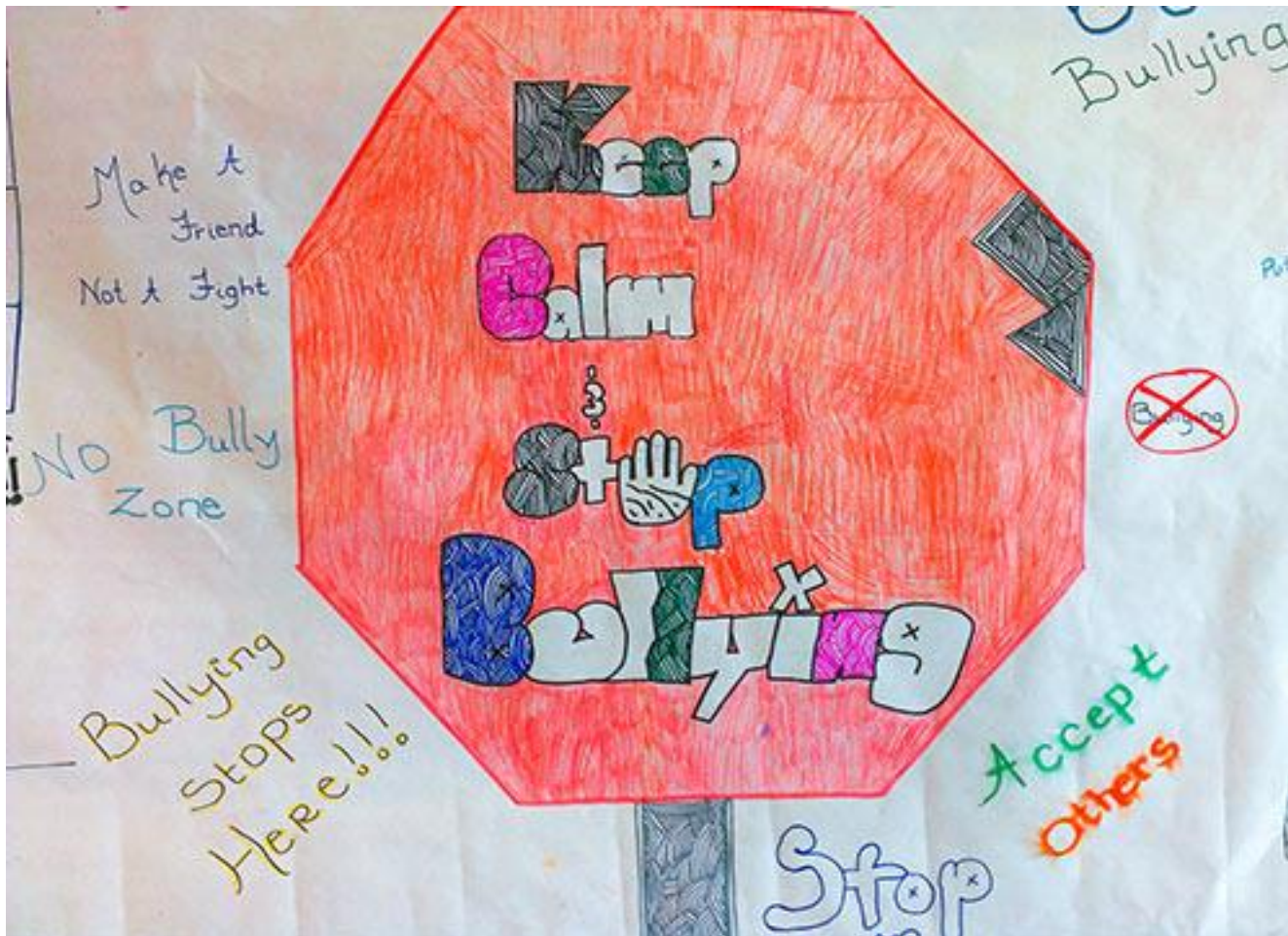


# Bullying hurts





# Just say NO



# 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!

