

Bullies keep bullying as long as it works -  
as long as it makes them feel more powerful.

# BULLYING

*Take a stand and stop bullying now.*

*What role do you play?*



Special thanks  
to the 2010-2011  
National SAVE  
Youth Advisory  
Board for creating  
this brochure

**BULLY?**

**VICTIM?**

**BYSTANDER?**

**PREVENTER?**



National Association  
of Students Against  
Violence Everywhere  
322 Chapanoke Road  
Suite 110  
Raleigh, NC 27603

*Youth Voices...  
Grown-Up Choices!*



866-343-SAVE

[www.nationalsave.org](http://www.nationalsave.org)

## What is bullying?

**Bullying** is intentional aggressive behavior that involves an **imbalance of power**.

Bullying can be **physical**, **verbal** or **psychological** attacks or intimidation directed towards someone.

## Victims suffer

Physical / Emotional Harm  
Fear

Declining grades  
Absenteeism  
Low self esteem  
Isolation  
Anxiety  
Depression

## Why

*won't victims tell?*

Retaliation  
Ashamed  
Not believed  
Don't want to worry parents  
Nothing will change  
Problem might get worse  
Don't want to snitch

## Don't be a victim.

### Stay with friends.

A bully is less likely to mess with you and your friends, especially if you stick up for each other.

### Tell a trusted adult.

Together, you and an adult can come up with a plan to stop the bully. If the situation gets worse, this adult can intervene.

### Avoid bully situations.

Stay away from areas where you may be alone with a bully. Try to stay in areas that are supervised or an area where you are with your friends.

### Don't blame yourself.

Most of the time, a bully is a bully because of something that they are uncomfortable about within themselves. They bully others so they can feel more powerful.

## Take Action.

*Bullying prevention is everyone's responsibility.*

- ★ Don't be afraid to get help.
- ★ Refuse to participate in taunting and teasing.
- ★ Treat others the way you want to be treated.
- ★ Report bullying or threats that might occur.
- ★ Walk away from fights.
- ★ Hang out with friends who do not bully.
- ★ Stand up for others who are being intimidated.
- ★ Include a person who is being bullied in your activities.
- ★ Show compassion for the victim.

## Ideas

*for SAVE Chapters*

- ★ Conduct a Bullying Awareness campaign.
- ★ Sponsor a Poster Contest.
- ★ Create classroom posters prohibiting bullying and the consequences of it.
- ★ Create an anonymous reporting system via a bully box or bully hotline.
- ★ Educate students to increase reporting and why reporting is not tattling.
- ★ Train students in conflict management and peer mediation.
- ★ Work with school administration or safe schools team to develop or revise your school's code of conduct regarding bullying.
- ★ Visit elementary schools and educate them about bullying - consider puppet shows and skits.
- ★ Organize a teen panel or discussion group to talk about the issues of bullying and intimidation at your school.

*SAVE... encouraging and empowering students with positive life skills while engaging them in educational activities and opportunities to promote good citizenship.*