



## BULLYING BASICS

**Bullying** is unwanted, aggressive behavior among youth that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. This includes:

- **Physical:** Hitting, tripping, spitting, and stealing
- **Verbal:** Name-calling, teasing, and threatening
- **Social:** Spreading rumors, hurting someone's friendships, leaving someone out on purpose
- **Cyberbullying:** Using the Internet or cell phone to spread rumors, hurtful messages, and offensive pictures or videos

### What do you do if you are being bullied?

- Do not blame yourself; it is not your fault.
- Stay calm and confident. Don't show the bully that you're sad or mad.
- Ignore the bully and walk away.
- Tell your parents, teacher, or another trusted adult.

### What do you do if you see someone being bullied?

- If you feel safe stepping in, verbally tell the bully to stop.
- If you do not feel safe stepping in, find someone who can help.
- Report the bullying to your parents, teacher, or another trusted adult.

### What do you do if you are the bully?

- Talk to your parents, teachers, or friends about how to stop your bullying behaviors.
- Think about how your words and actions will make others feel before you say or do them.
- Apologize to the people you bullied.

## BULLYING RESOURCES

If you or someone you know is being bullied, you do not have to deal with it alone. Ask for help from a parent, school counselor, teacher, or trusted adult. **Call 911** right away if someone is in serious danger. If you or someone you know is having suicidal thoughts, call the **National Suicide Prevention Lifeline at 1-800-273-TALK (8255)**.

- **Charles B. Wang Community Health Center**  
Teen Resource Center: 212-226-2044; trc@cbwchc.org  
Mental Health Services: 212-941-2213
- **U.S. Department of Health and Human Services**  
*Bullying resources for kids, teens, and parents.*  
<http://www.stopbullying.gov>
- **STOMP Out Bullying**  
*Bullying and cyberbullying prevention for kids and teens.*  
<http://stompoutbullying.org/>  
1-855-790-HELP (4357)
- **The Trevor Project**  
*Crisis intervention and suicide prevention services for LGBTQ youth.*  
<http://www.thetrevorproject.org/>  
1-866-488-7386