

BULLYING PREVENTION

Make a difference, be an upstander!



BULLYING

A single intentional act or a pattern of acts by one or more students directed at another student

- Can be written, verbal or via electronic devices
- Causes a peer to experience fear, threatens his/her ability to participate or learn at school, or disrupts the school's normal functions



CONSEQUENCES OF BULLYING

- **Psychological** consequences of bullying can include depression, anxiety, low self-esteem, alcohol/drug dependence, self-harming behavior, aggression and involvement in violence or crime.
- **Physical** ongoing stress and trauma of being bullied/cyberbullied can also lead to physical problems such as sleep disorders, stomachaches/headaches, heart palpitations, dizziness and chronic pain.
- **Academic** can have a negative effect on how well students perform at school. Including grades and standardized tests scores; Inability to focus or retain information and no motivation to learn.



CYBERBULLYING

- Can occur in chat rooms, instant messaging, social media, and other forms of digital electronic communication
- Permeance of digital information
- Harder to notice
- Cyberbullies threaten, harass, and humiliate others at all hours and on many platforms



IF YOU BECOME A VICTIM...

Of Bullying or Cyberbullying

- Do not respond and block
- Save all evidence
- Report by telling a trusted adult or by reporting anonymously (713.222.TIPS)
- Involve your school or school district
- Set up a new account



PREVENT BULLYING

- Do not participate in bullying or spreading rumors just to fit in
- If you don't like someone, keep critical comments to yourself
- Be there to show your support for the victim (defend, reach out, message)
- Advocate for people who cannot advocate for themselves, by standing up for the victim



THINGS TO REMEMBER

- It is never your fault
- Kindness wins - set an example
- Awareness of laws & policies to help you
- If you are a bystander, be a defender



RESOURCES

- Stopbullying.gov
- Davidslegacy.org
- Crime Stoppers Tip Line: 713-222-TIPS(8477)
- Suicide Prevention Hotline: 1-800-273-8255 or text 741741

CRIME STOPPERS OF HOUSTON'S

TIP LINE

IS HERE FOR YOU **24/7**



CRIME STOPPERS OF HOUSTON SAFE SCHOOL INSTITUTE

3001 Main St. Houston, TX 77002

(713) 521-4600 (office)

(713) 222-TIPS (to report)

www.crime-stoppers.org/safe-school-institute

ssi@crime-stoppers.org



HOW TO REPORT A TIP



Call 713.222.TIPS (8477)



Use our Mobile App

Download app name: Crime Stoppers Houston



Go to crime-stoppers.org

HERE'S HOW IT WORKS



STEP 1

Submit an anonymous tip



STEP 2

Your tip leads to an arrest or disciplinary action



STEP 3

Receive a cash reward
(up to \$5,000)