



BULLYING PREVENTION



Bullying is unwanted, aggressive behavior that involves an imbalance of power. It also is repeated or has the potential to be repeated. Remember **STOMP**: Bullying is behavior that happens **Several Times**, is **One-sided**, **Mean**, and **Purposeful**.

BULLYING VS. CONFLICT

Bullying purposely done, repeated behavior, aggressive, refusal to stop, one-sided – power imbalance.

Conflict disagreement, equal power, different opinions or wants, occurs naturally.

TYPES OF BULLYING



Social bullying – intentionally leaving someone out, embarrassing someone in front of others.



Physical bullying – pushing, hitting, or kicking someone, damaging their property.



Verbal bullying – teasing, name calling, threats, mean jokes, rumors.



Cyber bullying – cruel texts or direct messages, posting embarrassing content without permission, spreading rumors online.

CONSEQUENCES

Bully – parents, school and law enforcement – there are rules and laws against bullying.

Victim – mood changes, headaches, stomach aches, drop in grades, anxiety, sadness, sleep disorders.

IF YOU ARE BEING BULLIED



- Tell a trusted adult.
- Develop a plan with that adult on how to handle the situation.
- Block, report and save evidence.

IF YOU ARE A WITNESS

Speak up!

Let others know you don't tolerate bullying.

If you see bullying...

Tell a trusted adult

and invite the student being bullied to hangout.

IF YOU ARE THE BULLY

- Understand your actions / words are hurting someone.
- Bullying is a behavior that can be changed.
- Ask a trusted adult to help you develop a plan on how to treat others better.

SUPPORTING YOURSELF AND OTHERS

- Keep critical comments to yourself.
- Never stop telling.
- Show support for each other.
- Learn to embrace everyone's differences.



In a world of outsiders, reinforcers, assistants, and bullies – be an Upstander!

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)