

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 **S**everal **T**imes, is **O**ne-sided, **M**ean, and **P**urposeful.



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.

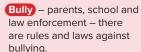


Verbal bullying – teasing, name calling, threats, mean jokes, rumors.



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

CONSEQUENCES (!)



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)

Updated: 11/10/2025