

# What Can You Do About Bullying?

## *If you are a witness...*

**Do not join in if you see someone being bullied.** Stand firm and do not participate in this behavior.

**Offer support and stand up for a bullied teen when you witness bullying.** Often times, teens are hesitant and afraid to stand up to a bully on behalf of a classmate or friend for fear of being bullied too. But when you witness bullying, help the victim up if you see them get pushed down. Or, offer words of kindness and comfort to the victim so he or she feels supported.

**Encourage the bullied teen to seek help from a trusted adult that he or she would feel comfortable reporting the bullying to.** Offer to accompany the victim if it will help them. It is important for teachers and school personnel to be aware when these bullying incidents occur so they can take appropriate and immediate action.

## *If you are a victim...*

- **Do not fight back physically.**
- **Do not bring weapons to school as a means of protection.** Guns or knives will not make it safer and can get people carrying them in a lot of trouble. In fact, conflicts can worsen and an innocent person could end up seriously hurt.

- Know your schools bullying policy.
- Be strong. Do not show anger or fear.
- Talk to a person you trust such as a family member, teacher, school counselor, or therapist. Although it may be difficult to admit to being bullied, it's important to get help from someone who can assist you to develop a plan to end the bullying. You deserve such support. No one should feel alone in these situations, so don't be afraid to tell someone when you are being bullied.

You can also contact **Teen Line**<sup>®</sup> to speak with one of our trained Teen Listeners. They even give referrals to resources in your community. **Teen Line** is open every evening between 6 pm-10 pm (PST). It is an anonymous, free hotline that can help with any problems or concerns.

Our teens are compassionate and non-judgmental and can help you figure out what to do next. In USA & Canada, call Teen Line toll-free **800-852-8336 (800-TLC-TEEN) or 310-855-4673 (310-855-HOPE)** to connect to one of our peer counselors. After hours, your call will be directed to **Didi Hirsch's Suicide Prevention Center**. Visit our website [www.teenlineonline.org](http://www.teenlineonline.org) for more information.

teen line<sup>®</sup>

teens helping teens



CEDARS-SINAL



Accredited by the American Association of Suicidology

teen line<sup>®</sup>

## Bullying



USA & Canada  
**800-TLC-TEEN**  
(852-8336)

6:00 PM-10:00 PM, PST

Text "TEEN" to 839863  
5:30pm-9:30pm PST

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





# What Is Bullying?

Bullying is any deliberate action that inflicts physical or psychological harm on a person. This is a growing problem taking place in middle and high schools all over the United States. Common types of bullying can include:

**Physical bullying:** hitting, punching, kicking, stealing or damaging someone's property

**Verbal bullying:** name-calling, teasing, or making insensitive remarks about someone's sexual orientation, race, gender, etc.

**Cyber bullying:** harassment or making fun of someone using digital technologies such as cellphones and social networking sites (like Facebook, Twitter, and Tumblr)

**Social bullying:** spreading rumors, gossiping, and purposely excluding someone from a particular group

**Sexual bullying:** humiliating someone because of their sex, gender or sexual orientation (LGBTQ)

## Warning Signs That Someone May Be A Victim Of Bullying

It is not easy to admit to being bullied. The person often feels too embarrassed or ashamed to tell anyone what they're going through. Some warning signs that reveal someone may be being bullied at school are:

- Lack of desire to go to school
- Expresses lack of trust with school personnel
- Sudden decline in academic performance
- Lack of interest in attending school activities or events
- Significant changes in mood and behaviors
- Talks about feeling depressed or anxious
- Increased concern with personal safety
- Feeling need to carry protection devices or weapons to school

## What Are The Effects Of Bullying?

It is important to note that bullying can have negative and long-lasting effects on those who are or have been victims. Victims of bullying are at higher risk for developing mental health problems like:

- **Anxiety:** excessive thoughts, worries and stress
- **Low self-esteem:** having poor self image and negative thoughts about oneself
- **Isolation:** detaching oneself from friends or loved ones
- **Depression:** feelings of worthlessness, increased irritability, and persistent feelings of sadness
- **Increase in suicidal ideations:** thoughts about hurting oneself

