

IS IT BULLYING?



Did it hurt your body or your feelings?

NO

You are having a DISAGREEMENT. Everyone is allowed to have their own ideas as long as they are being respectful.

YES

Did they hurt you on purpose? Were they trying to hurt your body or feelings?

NO

That's a RUDE MOMENT. Try to ignore it and if it happens again, use Talk it Out.

YES

Have they done something mean to you more than two times?

NO

That's not bullying – that's a MEAN MOMENT. Try to solve the problem yourself first.

YES

Do they have more power than you? Are they older, bigger, more popular, or do they scare you?

NO

Someone is being really MEAN to you. If you've already tried two different ways to solve the problem yourself, you should ask an adult for more ideas.

YES

That sounds like BULLYING! You should talk to your parent, teacher, or school counselor to get help.

