

BE AN ALLY.

Take Action. **STOP BULLYING.**

Bul-ly-ing *verb* (bōōl'ē-ing)

1. A variety of negative acts carried out repeatedly over time.

It is unwanted, oppressive behavior that involves a real or perceived power imbalance.

Do you recognize these forms of Bullying Behavior?

Physical – hitting, kicking, spitting, pushing, taking personal belongings

Verbal – taunting, malicious teasing, name calling, making threats

Psychological – non-verbal actions like giving dirty looks or aggressive stares; spreading rumors, manipulating social relationships; or engaging in social exclusion, extortion or intimidation

*If you see this happening, Take Action,
Stop Bullying, Be an Ally.*

Pittsford Schools

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