

# D20 UNITED AGAINST BULLYING

## WHAT IS BULLYING?

Bullying is unwanted, aggressive behavior between a bully and another person that involves a real or perceived power imbalance. The behavior is repeated or has the potential to be repeated over time. Both students who are bullied and who bully others may have serious, lasting problems.

In order to be considered bullying, the behavior must be aggressive and include the following key components:

- **An Imbalance of Power:** Bullies use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even involving the same people.
- **Repetition:** Bullying behaviors happen more than once or have the potential to happen more than once.

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

## WHAT CAN YOU DO?

Are you being bullied? Do you see bullying at your school? Here are some tips to help keep you or a friend safe from bullying.

- **Treat Everyone with Respect**
- **What to Do If You're Bullied**
- **Protect Yourself from Cyberbullying**
- **Stand Up for Others**
- **Get Involved**

Reach out to a trusted adult and let them know what is happening. If you do not have one or are having difficulty starting the conversation, reach out to your teacher, social worker, or principal. You can also submit an online **SEE Something SAY Something** report or contact <https://www.safe2helpil.com>.

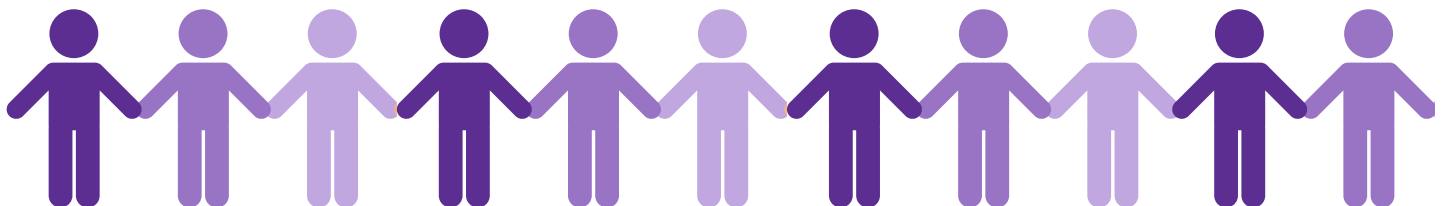
## WHERE CAN I LEARN MORE?

Safe2Help Illinois has many great resources that provide support, tips, and someone to talk to about bullying and other topics.

- **BULLYING RESOURCES & TIPS:** <https://www.safe2helpil.com/bullying>
- **TEEN VIDEOS:** <https://www.safe2helpil.com/multimedia/>
- **KID VIDEOS:** <https://www.safe2helpil.com/kid-resources/>

*District 20 teaches students of all ages about the importance of kindness, respect, and standing up for yourself and others in various lessons, activities, and presentations. Please see the reverse side for highlights of some of the anti-bullying programs and SEL lessons in our schools. More information, including lesson plans, can be viewed at:*

[www.esd20.org/for-parents/d20-safety/safe-schools-week](http://www.esd20.org/for-parents/d20-safety/safe-schools-week)



## #D20SafeSchoolsWeek