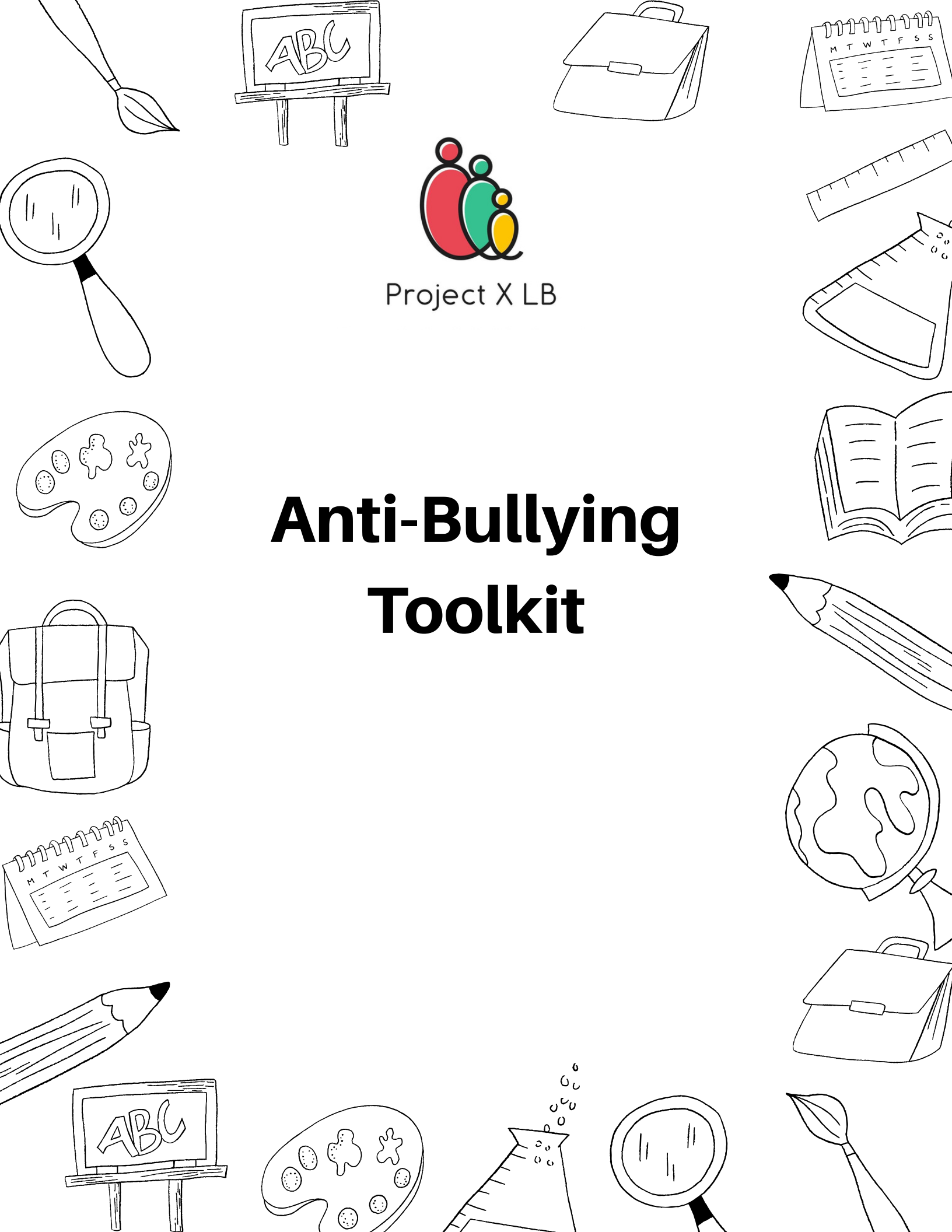




Project X LB

# Anti-Bullying Toolkit



# What is a Bully



- **Bullying** isn't just being mean one time—it's when someone hurts another person on purpose over and over again.
- A bully might use mean words, push someone, or leave them out of games.
- Everyone deserves to feel safe and happy, and bullying takes that away.



## Key Characteristics of Bullying



- **Intentionality:** This means the bully hurts someone on purpose.
- **Repetition:** It's not a one-time thing. It happens again and again.
- **Power Imbalance:** Bullies often have more strength, popularity, or control.

# Peer Pressure And Bullying



## What Is Peer Pressure

Peer pressure is when someone feels forced to do something because others around them are doing it or telling them to do it. Sometimes, it's harmless, like joining a game but it can also lead to unkind actions like bullying someone.



## How to Handle Peer Pressure

Learn to say "no" confidently when someone tries to pressure you into something that feels wrong. It's okay to stand up for what's right, even if others don't agree. Being brave can help stop bullying and set a good example for others.



# **Bullying and Diversity**

## **Why Respecting Differences Matters**



Everyone is unique, and our differences—like our skin color, religion, language, or abilities—make the world a beautiful place. Sometimes bullies target people who seem “different,” but this is unfair and wrong.

## **How to Celebrate Diversity**



Celebrate differences by learning about other cultures and being curious about new ideas.  
Treat everyone with kindness, no matter how different they are from you.



# Bullying is...



Leaving  
someone out

Calling  
someone bad  
names



Telling lies about  
someone

Threatening  
someone

# Fight Bullying



**You can stop bullying by taking action**

- **Recognize the Signs** – Look for clues like someone being left out or sad.



- **Open Communication** – Talk to a grown-up if you see bullying happen.



- **Teach Respect** – Everyone is special, and being kind helps us all feel happy.



- **Create a Safe Space**– Be a friend to someone who needs one.



# Standing Up For Yourself



**You may think what you're saying is funny, but it's actually mean and hurtful. I'm not going to listen to you.**



**You don't have to like me, but you do have to respect me. I wouldn't treat you this way, so don't do it to me.**

**I don't deserve to be treated this way, and I'm not going to stand here and let you talk to me like that.**

**I choose to be kind, even when others aren't. You should try it—it actually makes you feel good.**

**I'm not sure why you're acting this way, but I won't let you ruin my day. I have better things to do than argue with you.**

**I don't like the way you're treating me, and I won't put up with it. Please stop now.**

# How to Ask for Help



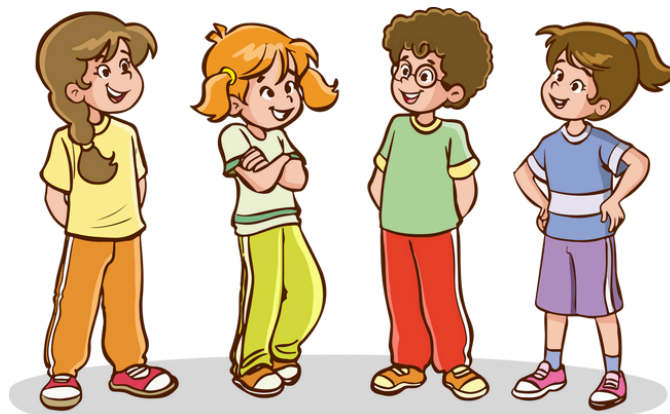
Telling a trusted adult is one of the best ways to stop bullying.

**Write the name of three trusted adults you can talk to.**

---

---

---



# When Seeking Help from an Adult



**I need your advice. Someone keeps bothering me, and I'm not sure what to do about it.**



**Can we talk about how to handle this**

**I'm feeling really upset because someone is treating me badly. Can you help me figure out what to do next?**

**I'm feeling really upset because someone is treating me badly.**

**Can you help me figure out what to do next?"**

**There's a person at school who won't stop making fun of me, and it's making me feel bad. Can we talk about what I should do**

# Signs That Someone is Being Bullied



Avoiding school or social activities.



Unexplained injuries or  
Lost belongings.



Sudden changes in  
mood or behavior.



Difficulty sleeping or  
loss of appetite.



Frequent complaints of headaches  
or stomach aches.



Becoming withdrawn or  
overly anxious





# Conflict Resolution

Not all arguments are bullying.  
Kids learn how to solve  
conflicts peacefully.



**Write ways to solve disagreements  
in a respectful way.**



---



---



---



---



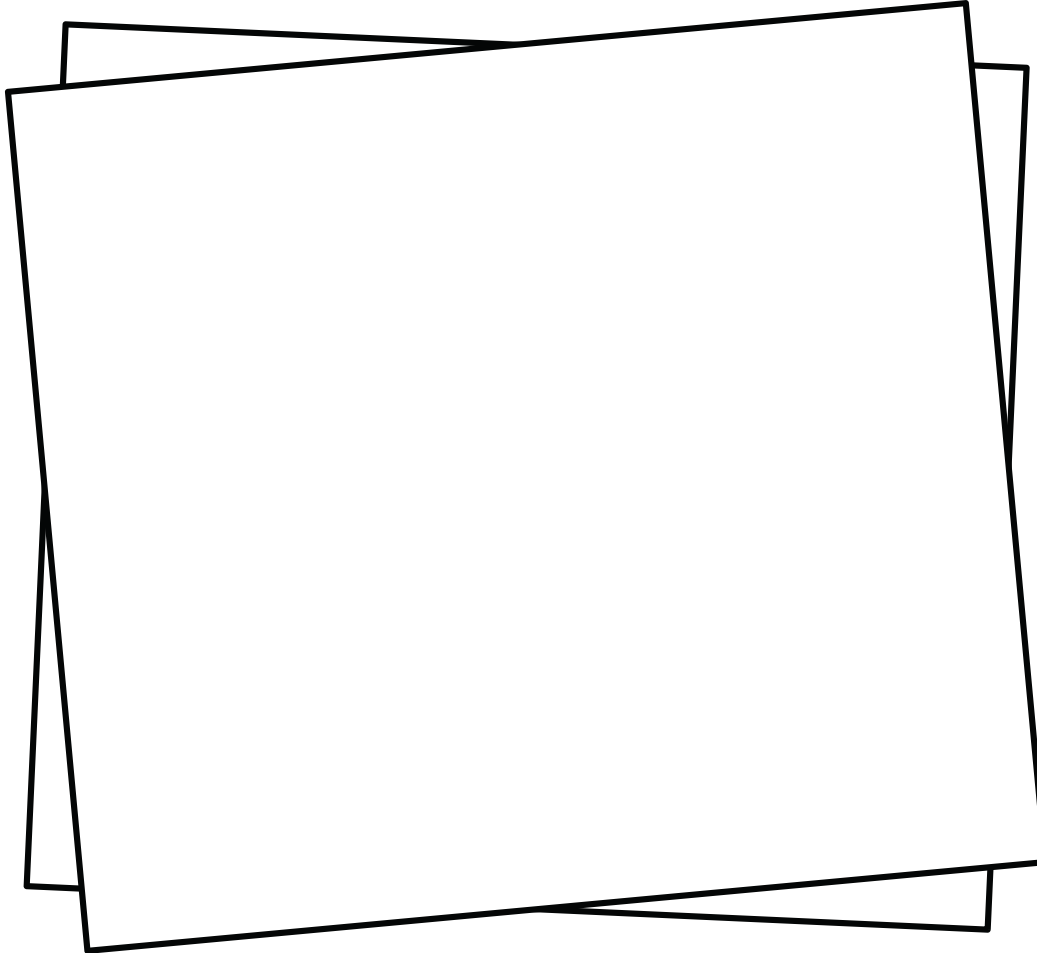
---

# How to Apologize and Make Amends

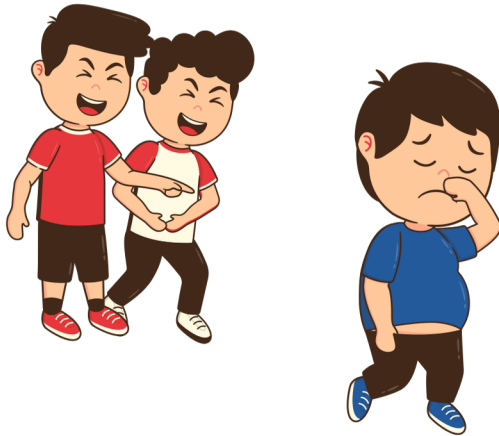
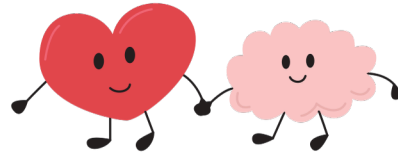
If someone has been unkind, they can make things right by apologizing sincerely and changing their behavior.



**Fixing the Hurt – practice writing  
a sincere apology letter**



# Supporting Bullying Victims



**Being a hero** doesn't mean wearing a cape—it means standing up for someone who needs help!

## **Listen and Empathize**

Sometimes just listening can make someone feel better.



## **Build Confidence**

Remind them they are smart, kind, and important.

# Anti-Bullying Week Key Vocabulary

## Empathy

Trying to imagine how someone else feels

## Victim

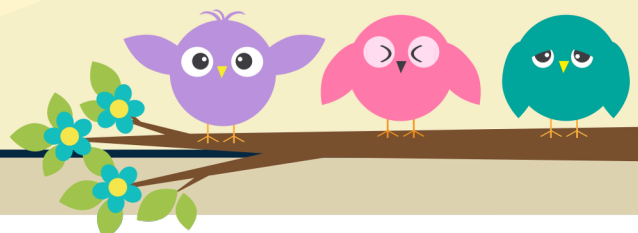
The person who is being bullied

## Bystander

Someone who sees bullying happen but doesn't do anything about it.

A brave person who **Upstander** helps stop bullying!

Draw yourself being a upstander



# Red Behavior

This is what **RED** behavior is



Pulling someone's hair



Fighting over toys



Calling someone bad names



Pushing someone down

# Types of Bullying



**Physical Bullying:** This includes hitting, kicking, or even taking someone's things without asking.



**Verbal Bullying:** Mean words can hurt as much as hitting. Don't call people names.



**Psychological Bullying:** This can make someone feel scared, lonely, or like they don't belong.



**Cyberbullying:** This happens online through mean messages, posts, or pictures.





# Physical Bullying



**Physical bullying** : Physical bullying is when someone hurts or tries to hurt you on purpose, using their body or objects. It's like being mean, but instead of using words, they use actions.

## Examples of Physical Bullying

- Pushing or shoving. - Hitting, punching, or kicking. - Tripping or making someone fall. - Taking someone's things or breaking them. - Making someone do something they don't want to do.



## Why Does Physical Bullying Happen?



**Sometimes, people bully others because they:**

- Feel angry or upset inside
- Want to be in charge or feel powerful
- Are jealous or don't like someone
- Don't know how to solve problems or be kind

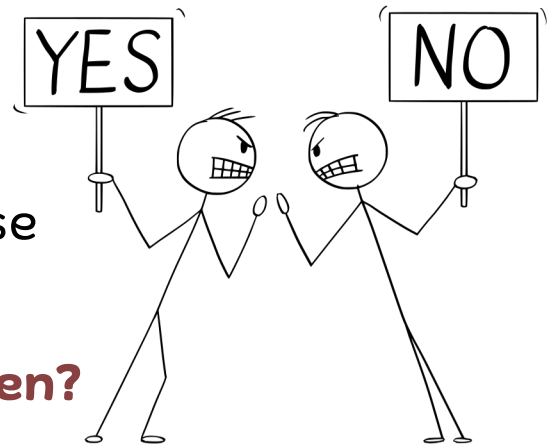
# Verbal Bullying

Verbal bullying is when someone says mean or hurtful words to you on purpose. It's like being mean, but using words instead of actions.



## Examples of Verbal Bullying

- Teasing or mocking
- Insulting or name-calling
- Spreading rumors or lies
- Threatening or intimidating
- Excluding someone on purpose



## Why Does Verbal Bullying Happen?

- Feel angry or upset inside
- Want to be in charge or feel powerful
- Are jealous or don't like someone
- Don't know how to solve problems or be kind



# Psychological Bullying

Psychological bullying, also known as emotional bullying, is when someone intentionally tries to hurt or control your feelings or thoughts. It's like being mean, but instead of using words or actions, they use manipulation or mind games.

## Examples of Psychological Bullying

- Constantly criticizing or belittling someone.
- Spreading rumors or lies to damage someone's reputation.
- Excluding someone on purpose or making them feel left out.
- Threatening to reveal secrets or embarrassing information
- Gaslighting ,making someone doubt their own perceptions or sanity.



## Why Does Psychological Bullying Happen?

Sometimes, people bully others because they:

- Feel insecure or powerless themselves
- Want to control or dominate others
- Are jealous or resentful of someone
- Don't know how to communicate or resolve conflicts



# How to Stop Cyberbullying



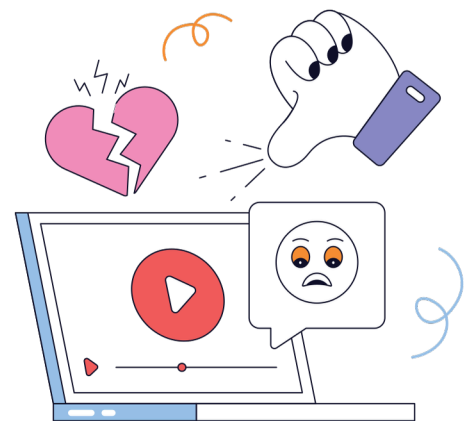
## What Is Cyberbullying

Cyberbullying is when someone is mean to you online, like sending hurtful messages or posting embarrassing pictures.



## How to Deal With It

Save the messages, block the person, and tell an adult. Don't respond to mean comments—focus on staying safe instead.



# Responses for Cyberbullying



**I don't engage with negativity online. I'm blocking and reporting you so this stops now.**



**You don't have to like me, but you do have to respect me. I wouldn't treat you this way, so don't do it to me**

**If you have something to say to me, say it respectfully. Otherwise, I'm not interested in talking.**

**I choose to be kind, even when others aren't. You should try it—it actually makes you feel good.**

**I'm not sure why you're acting this way, but I won't let you ruin my day. I have better things to do than argue with you.**

**I don't like the way you're treating me, and I won't put up with it. Please stop now.**

# Long-Term Effects of Bullying

Bullying can hurt more than just our feelings. It can leave scars on our hearts and minds

## Emotional Scars

Bullying can make someone feel sad, anxious, or afraid.



## Social Challenges

It might be hard to trust people or make new friends.

## Career Setbacks

When someone doesn't believe in themselves, it can make school and work harder..



## Health Effects

Stress from bullying can lead to headaches, stomachaches, or trouble sleeping





# The Power of Kind Words



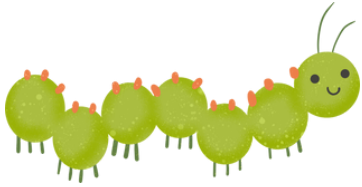
## How Words Affect Others

Kind words can make someone feel happy, safe, and included. Mean words can hurt deeply.

## Why We Should Choose Kindness

Being kind with your words makes the world a better place for everyone. It's a small action with a big impact.

# Some Kind Words

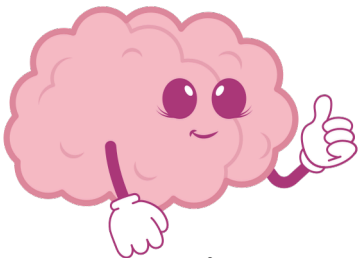


Great job!  
I'm proud of you



You're an awesome  
friend

Thank you for  
helping me



Words are powerful! Learn how to use them to  
spread kindness and make others feel special



## **Building Resilience**

Coping strategies are tools kids can use to handle bullying and stay strong. Deep breathing, positive self-talk, and focusing on hobbies are great ways to build resilience. Helping children remember their strengths and value can reduce the power bullying has over their emotions.

## **Finding Support**

Talking to someone you trust, like a parent, teacher, or counselor, is one of the best ways to cope with bullying.

Sharing your feelings can make the problem feel smaller and help you find solutions. Kids should know that seeking help doesn't make them weak—it makes them brave.

## **Using Creativity to Heal**

Art, writing, or playing music can be powerful ways to cope with the emotional effects of bullying. Encouraging children to express themselves creatively helps them release stress and focus on what brings them joy.



# Healthy Coping Strategies



## Write Down Your Feelings



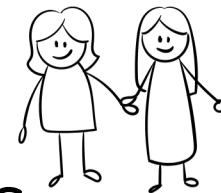
Keep a bullying diary to express emotions.

## Practice Relaxation Techniques



Deep breathing and positive visualization can help.

## Talk to Friends



Sharing feelings with friends can provide comfort.

## Set Personal Goals



Focusing on personal achievements can help build self-esteem and resilience.

# Responding to Bullying

## Speaking Up



If someone is being bullied, calmly and firmly saying "Stop" can show the bully their behavior isn't acceptable. It's important to stay confident and not let fear take over.

## Reporting Bullying



Telling an adult about bullying isn't "tattling"—it's the right thing to do. Adults can step in to stop bullying and ensure everyone feels safe. Children should practice describing what happened clearly and honestly.

## Encouraging Others



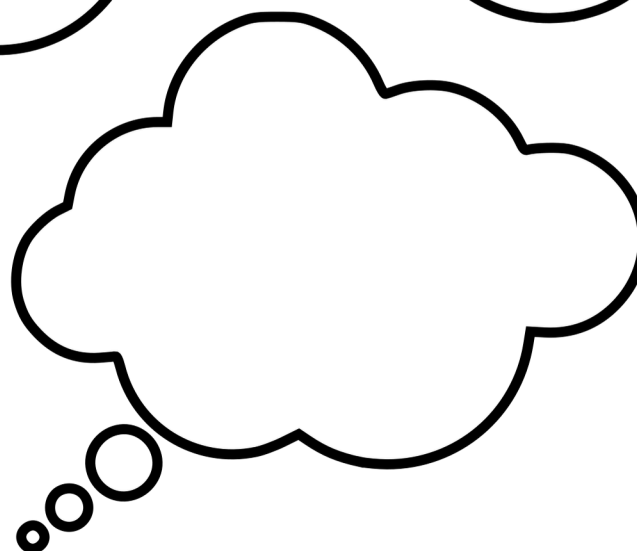
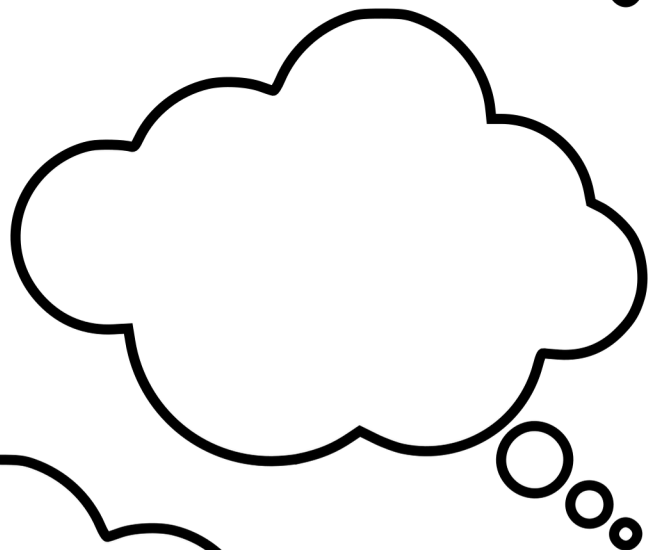
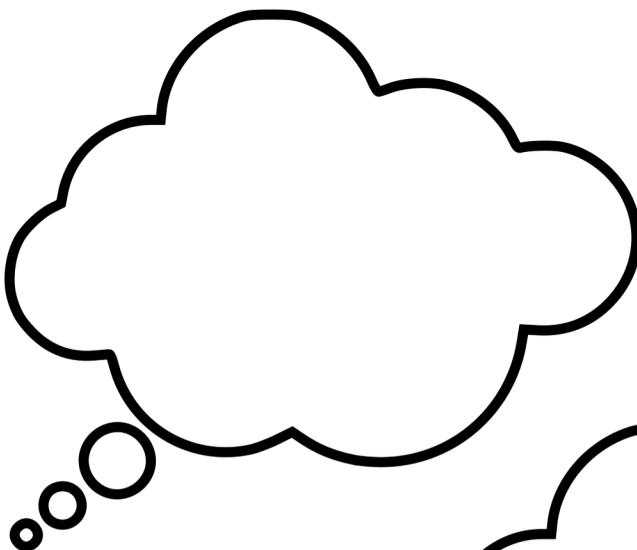
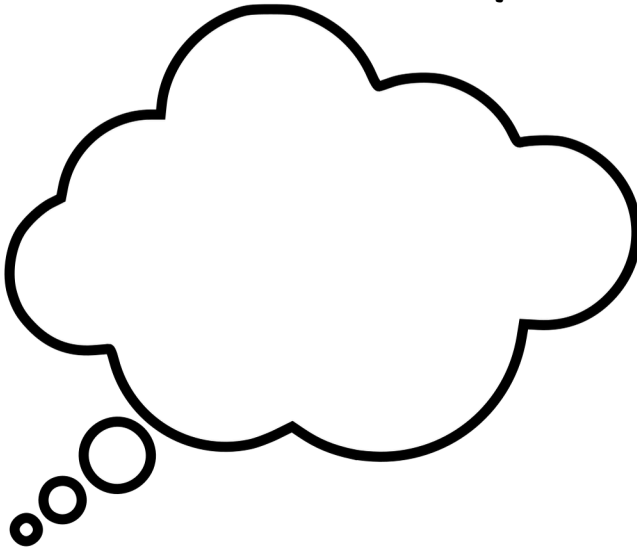
When kids see someone being bullied, they can step in to support the victim by showing kindness or including them in their activities. Teaching children to stand up for each other builds a strong sense of community.



# What Would You Say?



**Kind but firm responses to bullying situations.**





# How to Be a Good Friend



## What Being a Good Friend Means

Good friends are kind, supportive, and include everyone. They listen when someone is upset and stand up for each other.

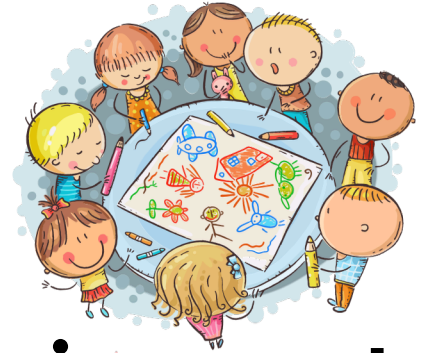


## How Friends Help Stop Bullying

When friends work together to stop bullying, they make it harder for bullies to keep going.

Being a good friend can help someone who is feeling sad or lonely.



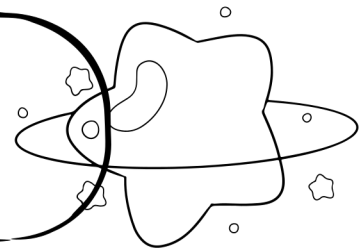


# Building a Bully-Free Environment

**Be a Positive Role Model**



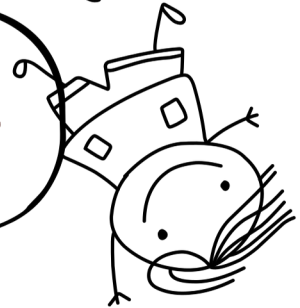
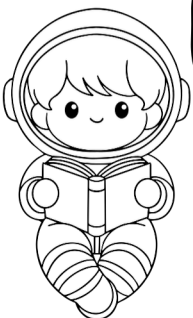
**Report Bullying**



**Be a Friend**



**Appreciate differences**





# How to Stand Up for Others

## Speak Up

If you see someone being bullied, say something like, "That's not okay." Your words can make a big difference.



## Support the Person Being Bullied

Invite them to join your group, play with them, or just be kind. Showing them they're not alone can mean so much.



# FRIENDS ACROSTIC POEM

F

R

I

E

N

D



# The Role of Schools in Stopping Bullying



## How Schools Help

Schools can create safe spaces where bullying isn't allowed. Teachers, counselors, and principals work together to stop bullying and make everyone feel welcome.



## What You Can Do at School

If you see bullying, tell a teacher or join a club that promotes kindness. Schools are stronger when everyone works together to make them better.

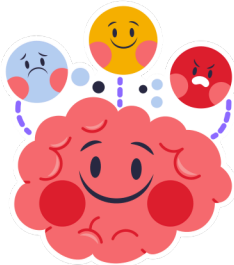


# Recognizing and Managing Your Own Feelings

Recognizing feelings like anger, sadness, frustration, or fear is important because it helps children respond to situations—including bullying—in a positive and constructive manner.

## Understanding Emotions:

Identify and name feelings (e.g., "I feel frustrated when someone is mean to me") helps them process emotions instead of acting out.



## Coping with Anger and Frustration:

Strategies like deep breathing, counting to ten or taking a break can help you calm down before reacting impulsively..

## Expressing Feelings in a Healthy Way:

Statements" (e.g., "I feel hurt when you call me names") promotes emotional well-being and better communication..



## Respond but don't react:

Internalize the negative situation and respond gracefully with respect..



# Building Resilience Against Bullying



- **Developing self-confidence.**
- **Learning how to handle criticism.**
- **Knowing when to walk away.**
- **Practicing assertive communication.**
- **Building a strong support network.**

