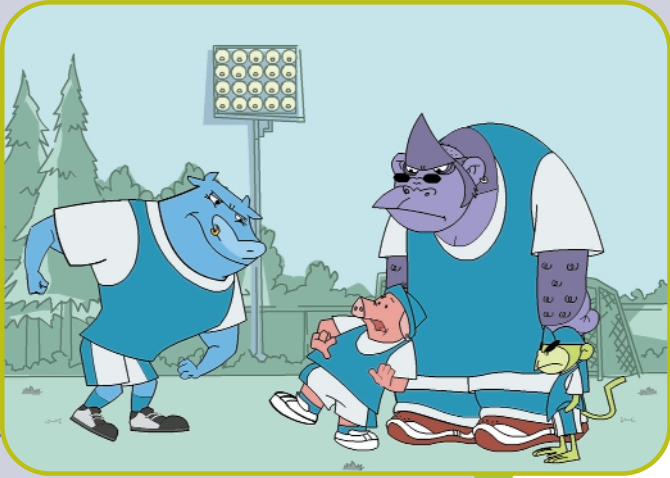


What is bullying?

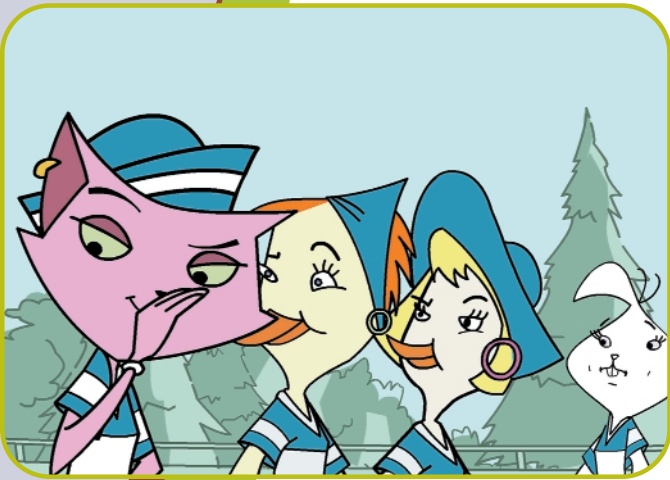
Bullying happens when someone hurts or scares another person on purpose. The person being bullied has a hard time defending himself or herself. Usually, bullying happens over and over.



Hitting, kicking, shoving, and other physical kinds of bullying



Taunting, teasing, name-calling



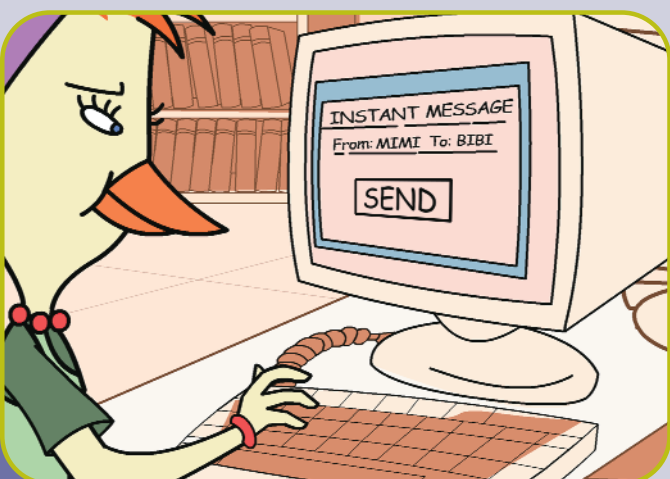
Spreading rumors about others



Excluding or ignoring others in a mean way



Taking money or other belongings



Sending mean e-mails or notes



STOP BULLYING NOW!
TAKE A STAND. LEND A HAND.

www.StopBullyingNow.hrsa.gov