



Bullying Prevention: Why Is It Important?

Did you know that more than one in every five students report being bullied? Chances are you have a friend or someone you know at school who is being bullied.

When students experience bullying they may be scared to go to school, have lower self-esteem or less self-confidence. They might also struggle to concentrate in school because they're afraid of being bullied.

Imagine how lonely being bullied can feel. When everyone around you looks the other way, ignores you, or says hurtful things, it's hard to believe in yourself. Now imagine how all that can be different.

Imagine during those times when you feel alone, that someone is there for you. They talk to you, tell you that it will be okay, that you matter. Imagine how different that feels!

This is why bullying prevention is so important. When we all work together, we can help create safe schools, communities, and online spaces where everyone feels respected, valued for who they are, and that they belong.



Your actions — big or small — can make a difference! Remember, kindness is something everyone can give.



Meet Jay

From PACER's Kids Against Bullying Club Crew

Hi, I'm Jay! I use sign language because I'm hard of hearing. My hearing aids help a little, but I don't hear like most people. When I talk, people have trouble understanding me sometimes. But you know what's cool? I can read lips. It's like being a super spy!

Thoughts From Jay Celebrate Differences

Everyone has something unique about them. Some people wear glasses so they can see better, some people are not able to eat certain food, and some people — like me — use their hands to talk because they are unable to hear. We all have differences that make us unique. Differences are meant to be celebrated. They make each of us special!

My questions for you to think about are:

- What ways can we include those who are different from us?
- In what ways do our differences make the world a better place?

Tips From Pip

Here are tips from Pip about who you can talk to if you're being bullied and what you can say:

- 1) Find an adult you trust, someone you can talk to, someone who will listen. This is important because most bullying will not stop until a caring adult gets involved.
 - The adult could be a parent, relative, teacher, coach, or caregiver. You should feel comfortable sharing something serious with this adult.
 - If the first adult you speak to doesn't or can't help you, find another adult. There is someone who will help you.
- 2) Tell the adult everything that's happened. Remember: If you're being bullied, it's not your responsibility to fix the situation, but you should have a voice in what happens.
 - Tell them where you were, who was bullying you, what happened, and when it happened. Ask the adult to work with you and help you make a plan to feel safe at school and online.
 - Figure out who else can help you. Think of the adults where the bullying is happening and how to ask for their assistance. Also, think of your classmates and friends who can support you when the people bullying are around.



Pip, the hamster mascot of the Club Crew, loves to go to new places and meet new kids.

REMEMBER: You are not alone and bullying is not your fault. There are people who care about you and will want to help.



Meet Carmen

From PACER's Kids Against Bullying Club Crew

Not many people know this, but I have epilepsy. The signals in my brain get mixed up. I take medication so it hardly ever happens anymore. But once it happened at school, and some kids made fun of me. I felt so bad. I don't want anyone to feel that way!

When I see kids picking on other kids, it makes me so mad! Usually I just find some friends and we march right over and say, "Stop it!"

All kids want to have friends and be included. Try asking a new peer to sit with you at lunch this week!

Ask Carmen

Carmen is a member of the Kids Against Bullying Club Crew, and she knows a lot about bullying. She gives great advice about bullying to kids around the country, like Treyvon. Want to ask Carmen your own question? Visit PACERKidsAgainstBullying.org.

Dear Carmen:

There is a kid in my class who is deaf and uses her hands to talk. She brought in some cool insects to show us and a boy in class started making fun of her, but she didn't know. What can I do to help?

- Treyvon, 5th grade

Dear Treyvon:

One thing you can do to help is to ask the girl who is deaf to hang out with you. Even though she can't hear, she may know that this other boy isn't being nice to her. Having a friend there will help. You should talk to your teacher about what is happening, too. You can also write her a note asking to see her insect collection!

- Carmen

Myth or Truth:

If I tell an adult about bullying, that's tattling, right?

Myth! A lot of kids say that they don't want to tell an adult about bullying because they don't want to be called a tattle-tale. But there's a big difference between "telling" and "tattling."

Telling done to protect yourself or another student from getting hurt.	Tattling done to get someone in trouble.
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If you're wondering if you should tell an adult about a situation, think about this. Do you need help to solve the problem? Is someone being hurt or harmed? If so, then share what's happening with an adult and together you can develop an action plan.

PACER Center
8161 Normandale Blvd.
Minneapolis, MN 55437

 **PACER's
National Bullying Prevention Center.**
The End of Bullying Begins With You | PACER.org/Bullying

Founded in 2006, PACER's National Bullying Prevention Center actively leads social change, so that bullying is no longer considered an accepted childhood rite of passage. PACER provides innovative resources for students, parents, educators, and others, and recognizes bullying as a serious community issue. PACER offers digital-based resources for parents, schools, teens, and youth, including:

- **PACER.org/Bullying**: A portal page for parents and educators to access bullying resources, which include educational toolkits, awareness toolkits, and more.
- **PACERKidsAgainstBullying.org**: A creative and educational website designed for elementary school students to learn about bullying prevention and be inspired to take action.
- **PACERTeensAgainstBullying.org**: A place for middle and high school students to find ways to address bullying, to be heard, and to own an important social cause.

