Bullying for kids

Bullying Is:

When one child, or group of children keeps hurting another child through words or actions. Bullying may involve making you feel uncomfortable or scared, or being made to do things you do not want to do.

What are the different kinds of bullying:

- Physical: pushing, poking, hitting, pinching, hair pulling, beating, biting, and other forms of hurting and threats.
- Verbal: name-calling, teasing, and gossip.
- Emotional: Rejecting, taking personal items or things, making the person feel different, scared and unsafe, being ignored or left out.
- Sexual: Unwanted touching or physical contact.

Office of Attorney General
Terry Goddard
1275 West Washington
Phoenix, Arizona 85007
Phone: 602-542-4266
www.azag.gov

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Questions & Answers About Bullying

Why do bullies do it?
To be popular, to look tough, and in charge. Maybe they are scared of being picked on, so they do it first. Perhaps they do not fit in or are bullied by family or adults at home. It could be that bullies hurt others to make themselves feel better.

Why does it happen?
It happens to kids who do not make friends easily or do not fit into a group, their looks, the way they speak, walk, size, name, or are weak or shy and unable to stand up for themselves.

Why does bullying hurt?
It makes you feel unhappy, scared, lonely, different, loss of confidence, and illness.

How to stop the bullying?
Tell a friend or teacher or an adult. Practice what you want to say. Keep notes about what is happening. If it does not stop, ask your parents to call the school.

Are you a bully?
If you are, get help, speak to a teacher or your parents and remember to treat others as you would like to be treated.

For Bullying Resources in Arizona Schools:
http://bullystoppers.com/bullying_prevention_tools.htm
or call: (732) 547-2603

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