

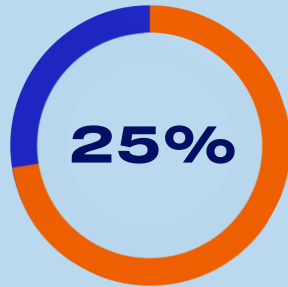
Bullying Prevention Checklist For Students

What is Bullying?

The Centers for Disease Control and Prevention defines bullying as any repeated, unwanted aggressive behavior(s). Bullying may be physical, psychological, social, or educational in nature.

Bullying By The Numbers:

School-based bullying prevention programs decrease bullying by up to



(Source: McCallion & Feder, 2013)

Bullied students indicate that bullying has a negative effect on how they feel about themselves (27%), their relationships with friends and family (19%), their school work (19%), and physical health (14%).

(Source: National Center for Educational Statistics, 2019)

What You Can Do:

- ✓ Know that you do not deserve to be treated poorly.
- ✓ Tell a trusted adult: your parents, a teacher, a school counselor, or your learning coach.
- ✓ Develop a plan, with the help of an adult, related to how you can safely respond.
- ✓ Decide, with the help of an adult, how other students can safely help, too.
- ✓ Learn how to take back your personal power.
- ✓ Examine how bullying has affected the ways you think about yourself.
- ✓ Learn how to manage the long-term effects of being bullied.
- ✓ Write articles and create drawings that may help other students who have been bullied.