

October is National Bullying Prevention Month

What is bullying?

Bullying is hurting someone on purpose with words or actions, repeatedly. It can take different forms:

- *Physical*: hurting someone's body or things
- *Verbal*: teasing, calling names, telling mean jokes, using hurtful words
- *Emotional*: excluding someone, embarrassing someone, telling lies about someone

Who bullies? And who gets bullied?

All kinds of people can bully—any gender, any size, any age. And all kinds of people can be bullied. A person can even do both! People who get bullied may bully other people. But no one deserves to be bullied.

Is it OK to call someone a bully?

If a person bullies someone else, that doesn't mean they are a bully. Bullying is behavior, and behavior can change.

How can you help stop bullying?

- Tell a grown-up. Telling is different from tattling. Telling is done to protect yourself or someone else. Tattling is done to get someone in trouble.
- Speak up! If you see bullying happening, you can speak up, like Dot. When people ignore bullying, it will keep happening, and it might get worse.
- Be kind. Be a friend to someone who is being bullied.
- Practice empathy. Think about how other people feel when bullying happens—even the person who is doing the bullying. What might be making them behave this way?

KIDS' BOOKS TO CONTINUE THE CONVERSATION

Not Little, by Maya Myers, illustrated by Hyewon Yum

Stick and Stone, by Beth Ferry, illustrated by Tom Lichtenheld

Super Manny Stands Up, by Kelly DiPuccio, illustrated by Stephanie Graegin

The Recess Queen, by Alexis O'Neill, illustrated by Laura Huliska-Beith

Speak Up, Molly Lou Melon, by Patty Lovell, illustrated by David Catrow

Adrian Simcox Does Not Have a Horse, by Marcy Campbell, illustrated by Corinna Luyken

