

HAVING THE TALKS: BULLYING

Sample Language for Key Messages

There are 5 key messages to communicate with kids when you're talking about bullying. Below is sample language you can use to convey those messages!

Key Message	Sample language
1 Bullying can take several forms	<p>"Bullying is behavior that hurts or humiliates another person, either physically or emotionally."</p> <p>"Passive bullying is when someone ignores you or excludes you from something. Active bullying is when someone says something mean or does something physical to you. And cyber bullying is when the bullying happens by text or email or social media...like spreading rumors or making mean comments publicly on your Instagram post."</p>
2 Bullying is not your fault	<p>"It's not your fault if you are being bullied. No matter what someone says or does, you should not be ashamed of who you are or what you feel."</p> <p>"When kids bully, it's usually because they are unhappy about something. They pick on someone else to make themselves feel more powerful."</p>
3 Don't believe the bully	<p>"You are awesome. Be proud of who you are. I know it's hard but try to tune out whatever it is the bully is saying to you."</p> <p>"Don't give a bully the satisfaction of controlling your feelings and making you feel bad. Focus on the good—your true friends, your talents, the things you enjoy in life."</p>
4 Tell a trusted adult	<p>"Bullying can unfortunately get ugly and it's not something you should deal with alone."</p> <p>"I am on your side, but if something happens at school where I can't help you, tell a trusted adult—like [insert name of a trusted teacher, coach, school counselor, principal, etc.]."</p> <p>"Seeing the school counselor does not mean there is something wrong with you. They are there to help kids in lots of different ways."</p> <p>"If you go to one person and they aren't able to help, try someone else. You may need to tell more than one adult at school."</p> <p>"If you have stood up to a bully and they won't back down, walk away and get help. Find an adult who can jump in."</p>
5 Use your voice	<p>"There's safety in numbers so it's a good idea to ask your friends to help you."</p> <p>"If you see someone getting bullied, say something. I know it can be hard to speak up but it's really important tell them that what they are doing is not OK."</p>

