

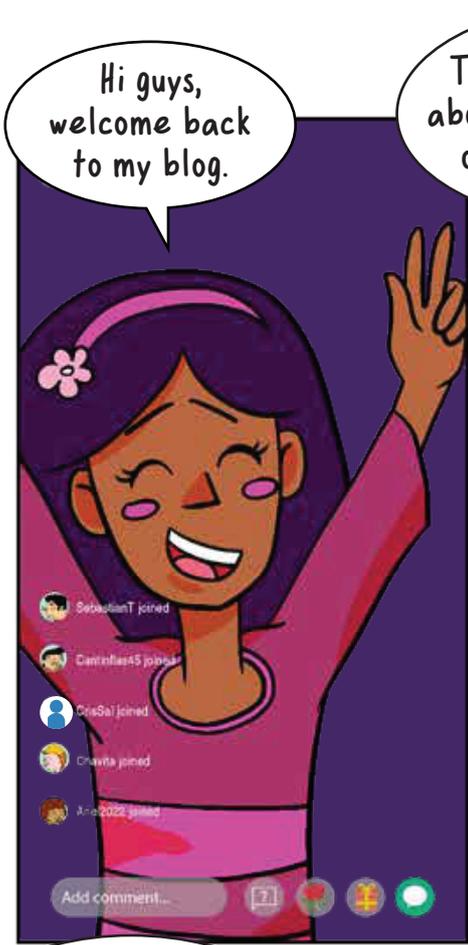
amaze
COMICS



WHAT IS
BULLYING?



amaze



Hi guys, welcome back to my blog.

Today, I want to talk about people who tease or make fun of you.

BUZZZ



They're called bullies.



What you can do... is...

Ugh...

BUZZZ

BZZZZ

Ugh... stop it!



This fly has been flying around here and picking on me for two days!

Stop it!!! You're driving me crazy!

BUZZZ



BZZZZ

BUZZZ



Just like that fly kept messing with me, some people do the same on purpose, and it can really make you feel uncomfortable or upset.

Welcome to today's topic, let's get started!

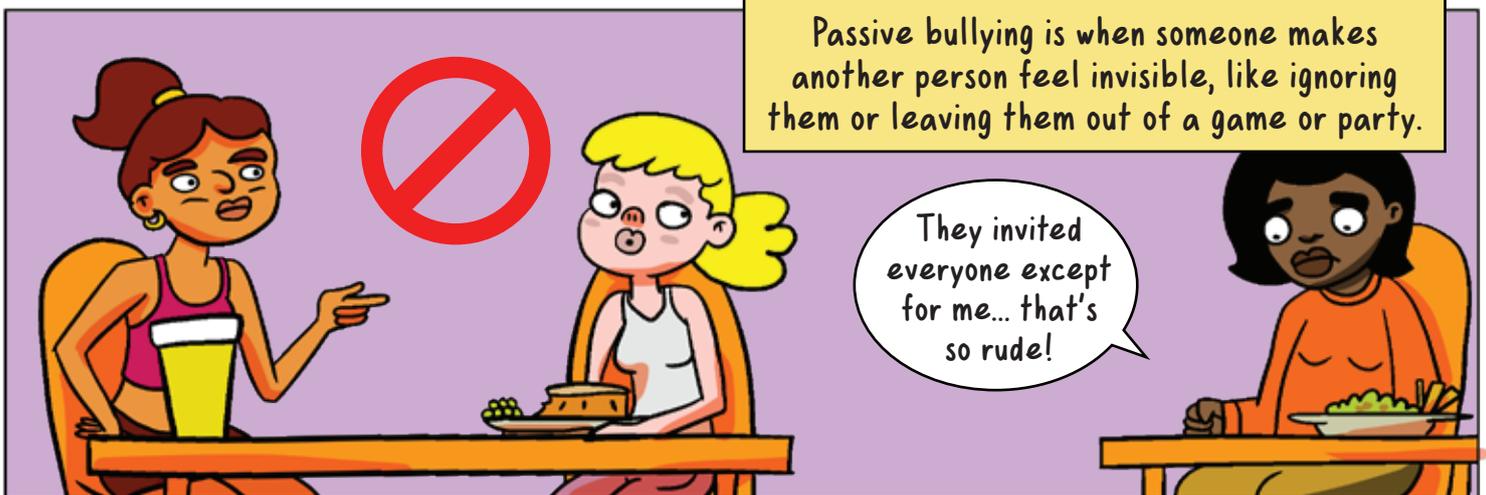


SO WHAT IS BULLYING?

Bullying is when someone hurts, harms, or humiliates another person, and it can happen in many different ways.

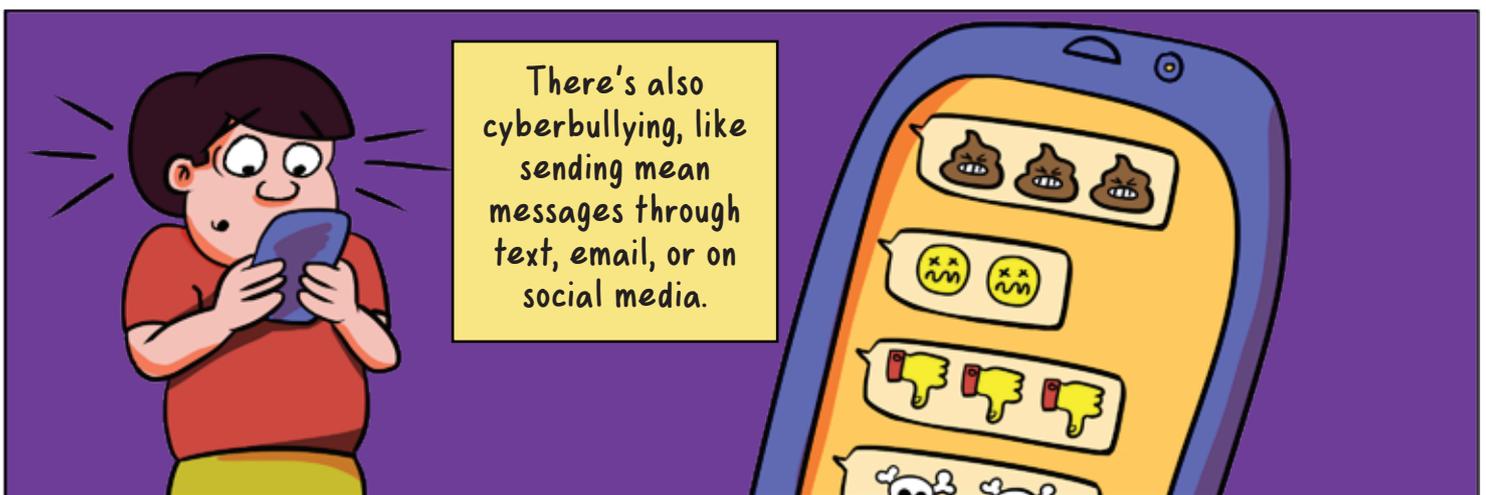


For example, active bullying includes physical bullying and verbal bullying, such as name-calling.



Passive bullying is when someone makes another person feel invisible, like ignoring them or leaving them out of a game or party.

They invited everyone except for me... that's so rude!



There's also cyberbullying, like sending mean messages through text, email, or on social media.

A bully looks for ways to get power and control over another person to make that person feel bad and to make themselves look more powerful.



Like the flies that never leave!!!



So, what can you do if you're being harassed?

If someone is bullying you, look them in the eye and say "STOP" in a calm, clear voice.



If speaking up feels too hard or unsafe, walk away and tell a friend or talk to a parent, teacher, counselor, or any trusted adult.



If you're being cyberbullied, don't reply or share the messages. Block the number on your phone or unfriend the person on social media.

If possible, keep evidence of the cyberbullying by saving the text, tweet or picture and report it to an adult.



BUZZZ



BUZZZ

If you witness bullying, speak up and let the bully know what they are doing is not OK.

HELP!
HELP



If the bullying continues, walk away and get help. Keep asking for help until someone listens and is able to help.



If you know someone who's been bullied, be kind so they know they're not alone.



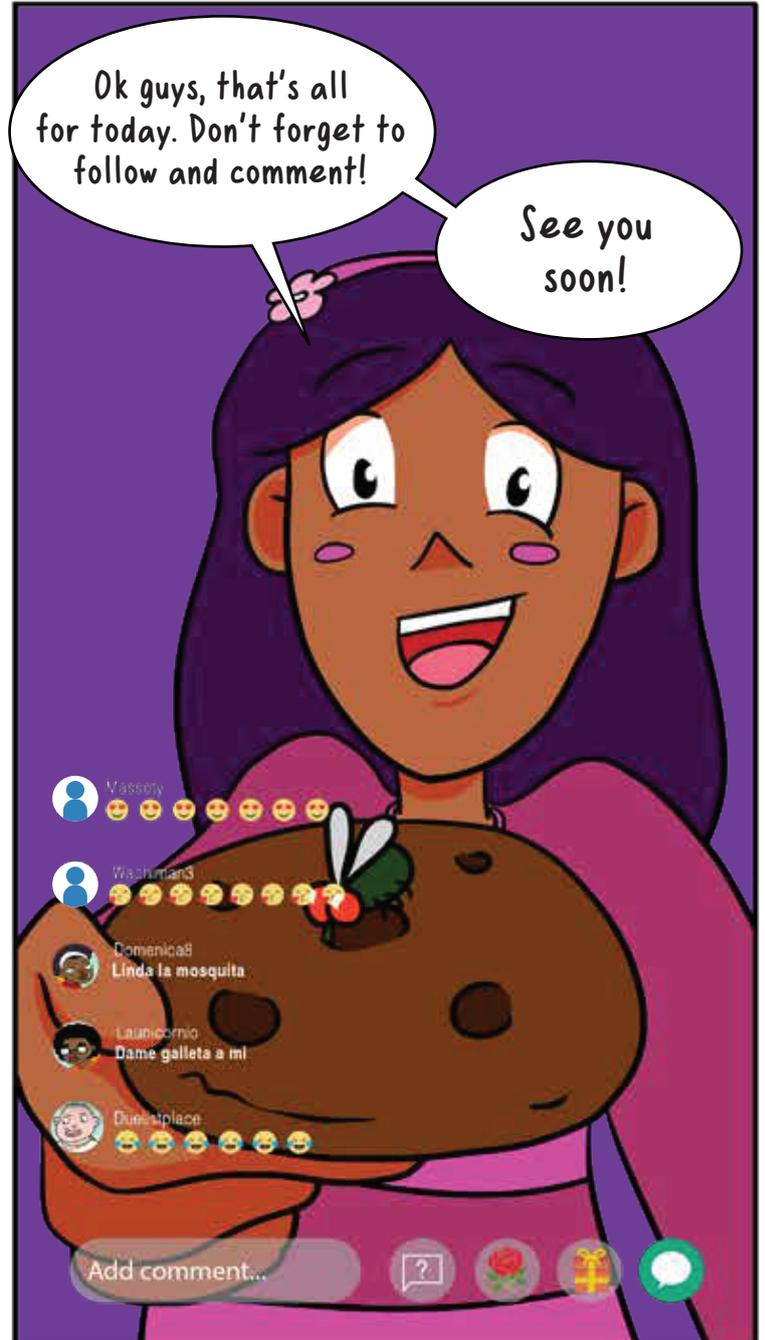
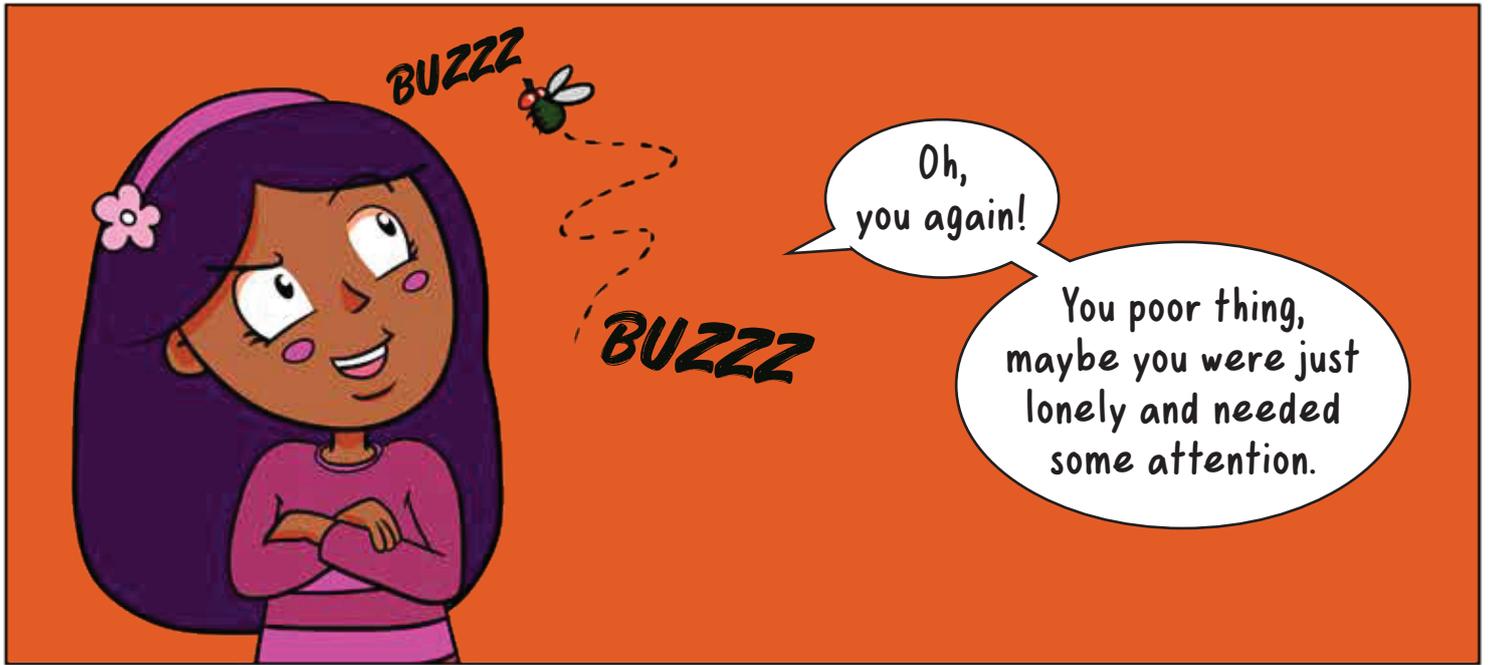
Anyone can be the victim of bullying.



People bully others for all kind of reasons, but don't blame yourself. It's not your fault!



You're AMAZE-ING!!!!





ACTIVITY

Based on the information in the comic, select the two correct answers:

If I know of someone who is a victim of bullying...

- I put myself in their place and let them know that I understand how they feel.
- I prefer not to get involved or say anything
- I tell them it's important to ask for help from someone they trust that can listen to them and can do something to help.

REMINDER

Another effective way to prevent bullying is to get involved in school activities and campaigns dedicated to promoting kindness and addressing bullying.

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GRUPO
MONO
COMICS

Sexualidad
Sin Misterios

