

What is Bullying?

Bullying is when a person hurts or scares another person, especially when the victim has trouble defending him or herself.

Types of Bullying:

- Punching, shoving, and other physical harm
- Ganging up on others
- Name-calling and teasing
- Starting false rumors about someone



Who We Are

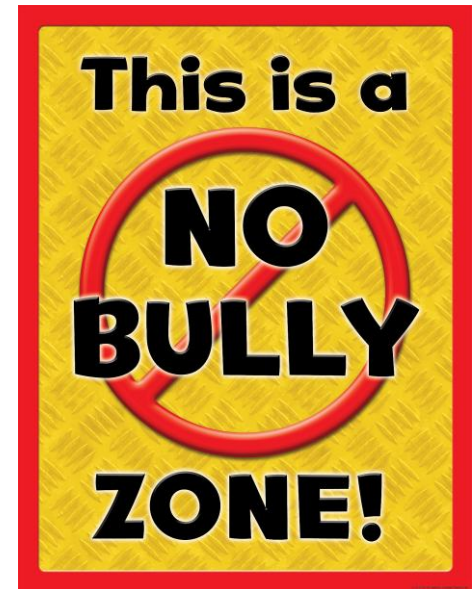
The West Georgia Prevention & Advocacy Resource Center strives to end sexual violence in our community through prevention and awareness. We provide direct service to survivors of sexual assault, their families and their friends. We are committed to fostering awareness of sexual assault through community education. We work to create a climate of safety and healing for all victims of sexual assault. All services are free and confidential.

Contact Us

24-Hour Hotline: 770-834-RAPE (7273)
Business Line: 770-834-8905
Email: prevention@wgaparc.org
Web: www.wgaparc.org
Facebook:
www.facebook.com/pages/WGAPARC
Twitter: @WGAPARC

No Bully Zone!

Prevention & Advocacy Resource Center
P.O. Box 2825
Carrollton, GA 30112
770-834-8905 (Business line)
770-834-7273 (Crisis line)



PARC

Prevention & Advocacy Resource Center
Sexual Assault Center for Teens & Adults

Telling is Not Tattling

- It is very important to tell an adult if you see bullying or are being bullied.
- You can tell your teacher, school counselor, school nurse, parents, coach, or any adult you feel comfortable talking with.
- If one adult doesn't help, tell another adult!
- Sometimes the best thing you can do for someone who is being bullied is to be their friend. Invite him or her to sit with you at lunch or to play with you and your friends at recess,

If you feel hurt by words or actions, or if you see someone being hurt by words or actions...



Ask them to:

Stop

Tell them to stop doing what they're doing and use your school's stop signal.



Then:

Walk

Walk away from problem behavior.

If the behavior doesn't stop:



Talk

Talk to an adult.

Ways to Block a Bully:

Sometimes a bully will find a way to corner you and try to get you to fight, it is important to know what to do so you can do the right thing!

- ✓ **Stay calm:** Take deep breaths and do not let your emotions take over.
- ✓ **Tell the bully to leave you alone:** Calmly tell the bully to leave you alone and that you're not looking for trouble.
- ✓ **Try to walk away:** Sometimes a bully will try to block you from going anywhere, but try your best to walk around him or her.
- ✓ **Do not hit or push back:** Even if the bully pushes you or tries to hit you, do not hit back! If a bully tries to fight you, yell "leave me alone!" and try to get away.



Why do Kids Bully?

- They see their friends bullying others.
- To try to seem cool.
- It makes them feel better than the person they are bullying.
- To try to keep other kids from bullying them.
- Bullying hurts other people, and there is never a good reason to bully!

Bullies Are:

- NOT COOL
- NOT FRIENDLY
- NOT POPULAR
- NOT RESPECTED
- NOT WELCOME
- ALL OF THE ABOVE