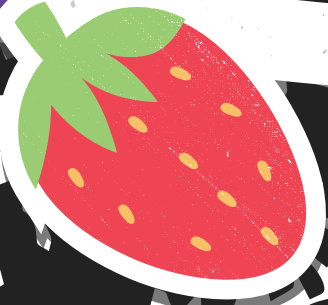
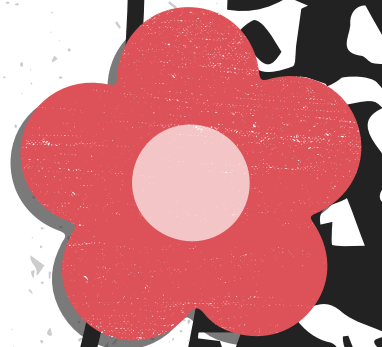


LET'S TALK ABOUT BULLYING

A Guidebook for Youth

YOUTH SERVICES DEPARTMENT
EDUCATION & TRAINING CENTER



WHAT IS BULLYING?

Bullying is being mean to another kid over and over again.

Bullying often includes:

- teasing
- talking about hurting someone
- Spreading rumors
- Leaving kids out on purpose
- Attacking someone by hitting them or yelling at them

Bullying does not always happen in person.

Cyberbullying is a type of bullying that happens online or through text messages or apps. It includes posting rumors on sites like Instagram, sharing embarrassing pictures or videos, and making fake profiles or websites.



DEFINITION MATCH

Draw a line to match the type of bullying to the picture!

Physical: when someone hurts you with their body by pushing, hitting, or kicking to make you feel bad



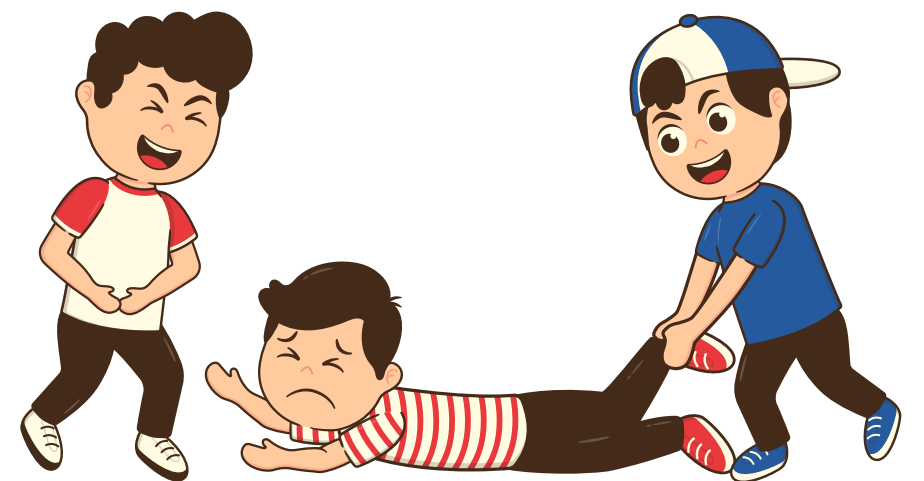
Verbal: when someone says mean things to hurt your feelings



Emotional: when someone tries to make you feel bad about yourself or makes you feel left out on purpose

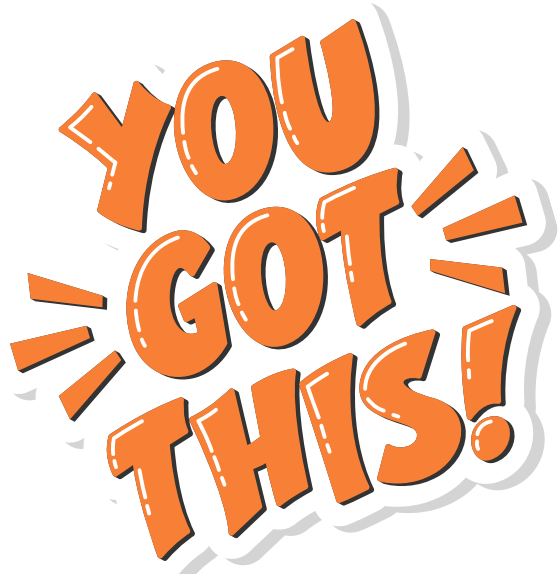


Cyberbullying: when someone uses the internet, phones, or social media to say mean things or hurt you



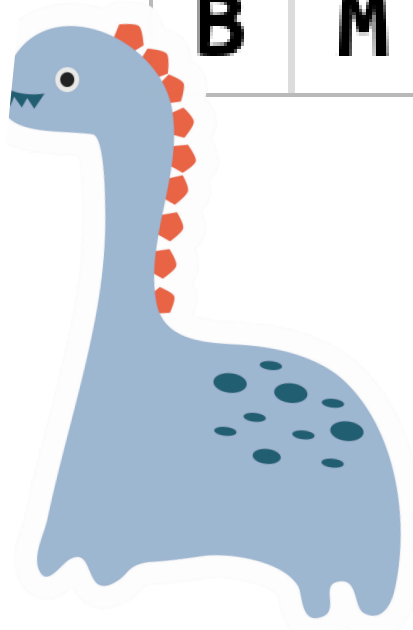
BULLYING

WORD SEARCH



P	K	R	D	E	T	K	I	N	D	N	E	S	S
L	T	G	H	M	L	Y	A	C	Y	B	E	R	N
R	M	N	U	O	L	L	R	P	R	S	V	O	R
R	V	I	R	T	R	E	A	H	E	O	E	I	T
R	Y	P	T	I	U	N	N	Y	W	O	R	O	P
R	P	O	F	O	S	O	X	S	O	F	B	H	K
S	N	C	U	N	P	L	I	I	P	S	A	A	E
F	K	R	L	A	E	B	E	C	R	A	L	N	L
Y	P	L	I	L	A	U	T	A	S	D	F	G	L
S	O	R	N	O	K	L	Y	L	R	I	R	E	I
A	T	G	A	K	U	L	G	A	L	E	I	R	P
O	S	U	T	I	P	Y	R	B	I	G	E	L	K
I	S	U	P	P	O	R	T	P	E	Y	N	E	N
B	M	B	T	T	R	O	P	E	R	O	D	E	E

SAD
ANXIETY
POWER
COPING
HURTFUL
BULLY
ANGER
REPORT
SUPPORT
CYBER
VERBAL
EMOTIONAL
KINDNESS
LONELY
PHYSICAL
STOP
SPEAK UP
FRIEND



THE 7 COMMITMENTS

word scramble

Let's be trauma-informed and handle bullying in a **non-violent** way! We can use **open communication** & be **socially responsible** while we create an inclusive environment for all!

ECNILOVON

NEPO

NOITAMUCMUNOCIEP

YCNERODEM

LAICOS

TTILIBISESROP

LAIEMTNEO

ECGNITNELIE

HTGAORW

DNA

EGNAHC



S.E.L.F.



SAFETY

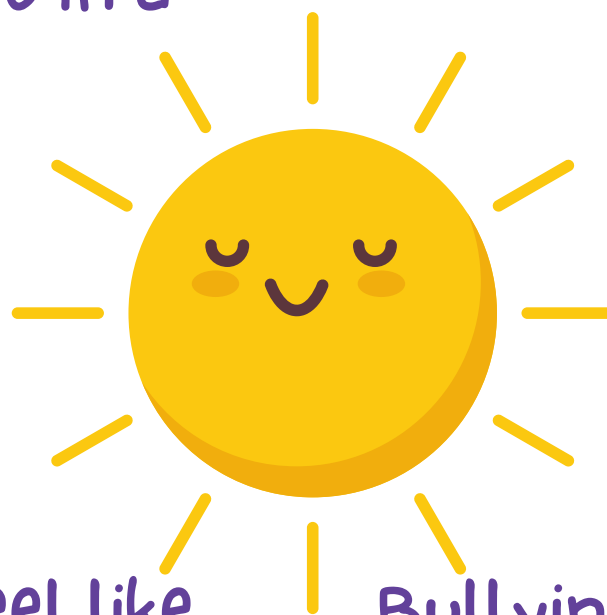
When you're being bullied, it's really important to feel safe. Safety means being in places where people aren't hurting you or making you feel scared. If bullying is happening, you have to tell adults so they can make sure you are in a safe place.

EMOTIONS

Bullying can make you feel tough emotions - like sadness, anger, or loneliness. Emotional support is when you have people around you who can listen to you and help you feel better, so you don't have to go through it alone.

LOSS

Being bullied can make you feel like you're losing something - friends, confidence, or sense of belonging. It's important to remember that you can get confidence back and find friends to respect you. Talking to adults can help you heal.



FUTURE

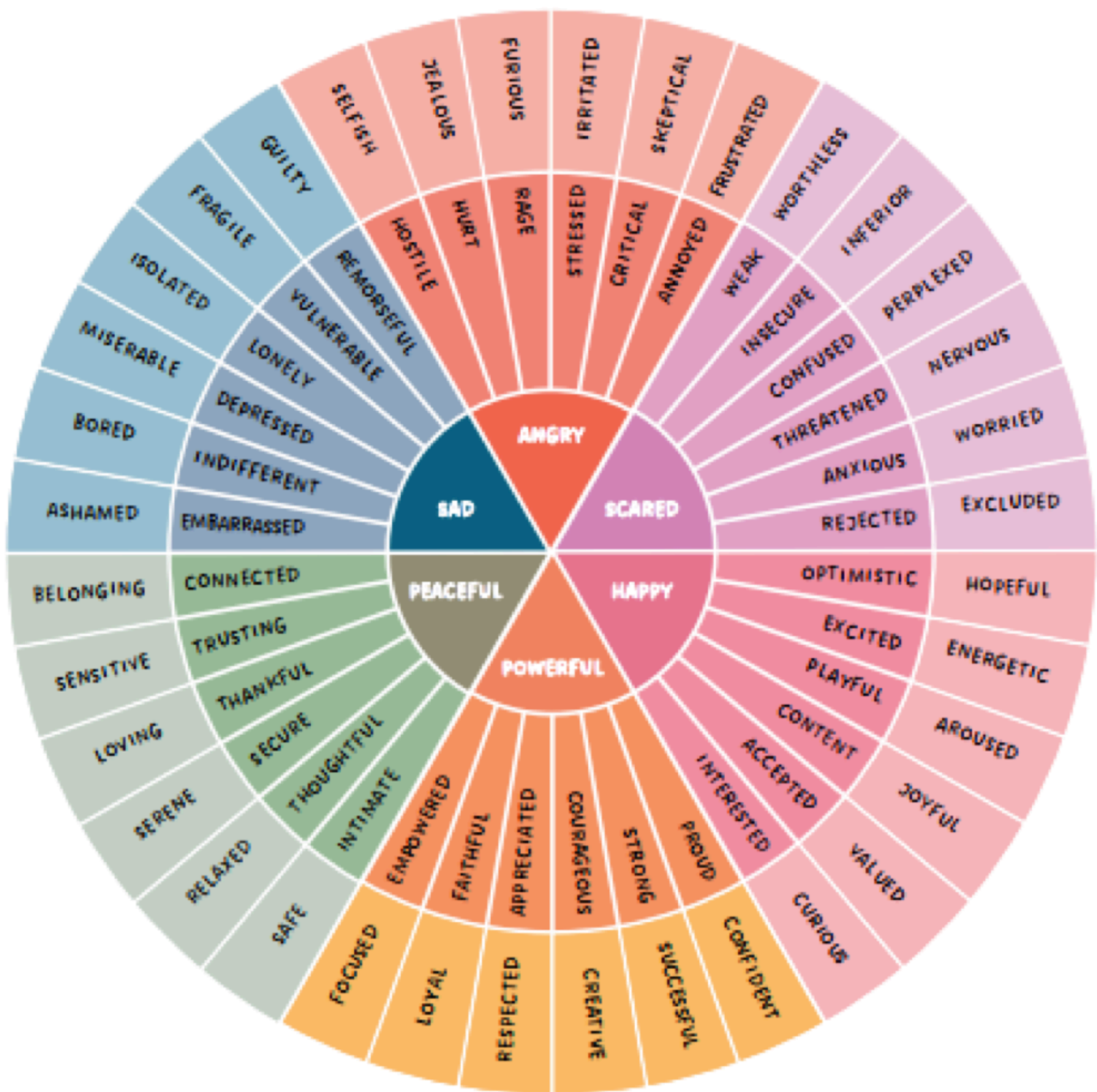
Bullying can make you feel like things will never get better, BUT the future is about hope and knowing things can grow and change. Remember that you are strong and have the power to get through this!



Practice Emotional Intelligence

HOW DOES BULLYING

MAKE YOU FEEL?



COPING STRATEGIES

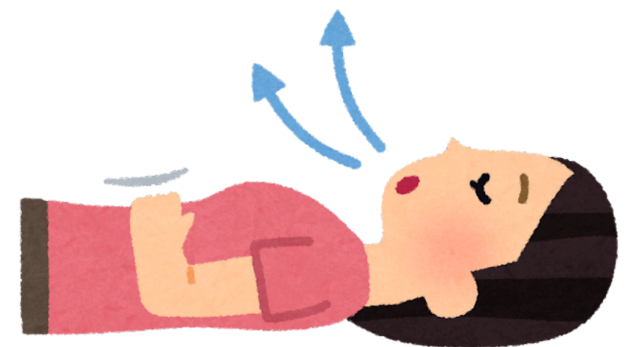
Bullying impacts everyone involved! Use open communication to talk about bullying and seek support.



Build a support system



Walk away from the bully



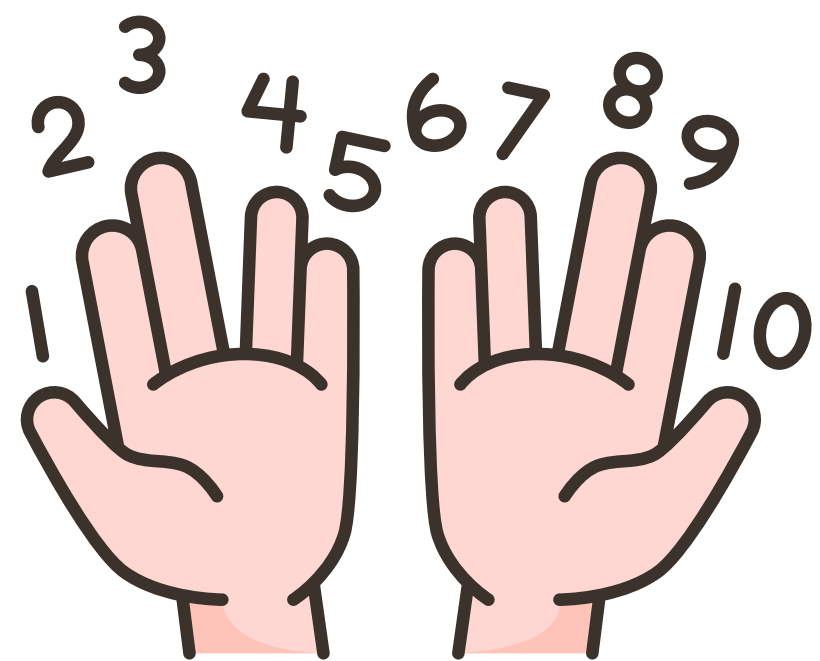
Deep breathing



Play Sports



Ignore hurtful words and actions



Count to 10



Talk to an adult



Play with pets



POSITIVE AFFIRMATIONS

I AM
ENOUGH

I AM A
GOOD
FRIEND

I AM
BRAVE

I CAN DO
HARD
THINGS

I DO NOT
GIVE UP

I BELIEVE
IN
MYSELF

I AM
STRONG
INSIDE AND
OUT

I LOVE
MYSELF

I CAN STAND
UP FOR
OTHERS



ACTS OF KINDNESS



smile at someone

include classmates in a game or activity

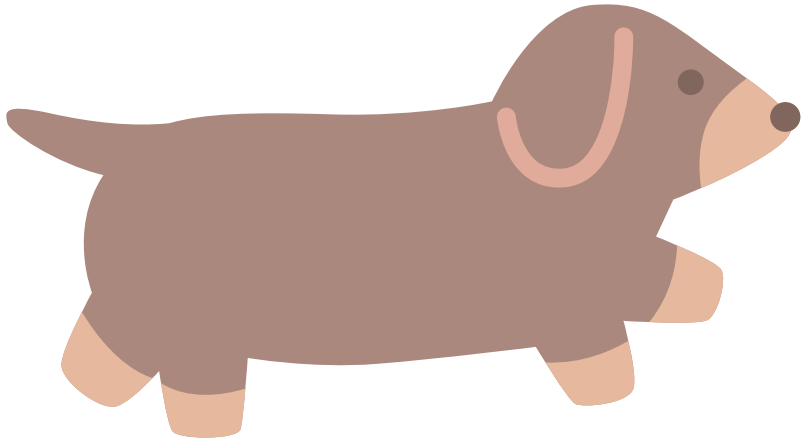
write a kind note to a friend or classmate

Say "Thank you" to an adult who has helped you

give a genuine compliment to someone

give a high-five or a hug to someone who needs it





S.E.L.F

Let's Talk Bullying: Someone is excluding you or someone you know from the group. What Would You Do?

SAFETY

How can you make sure you are safe?

EMOTIONS

How does it make you feel?
Who can you reach out to for support?

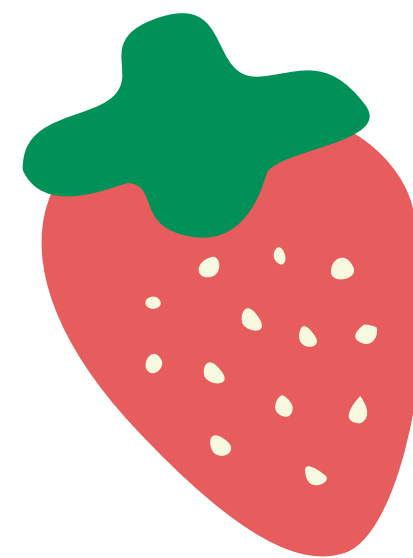


LOSS

What might you feel like you're losing?

FUTURE

How can this make you grow stronger in the future? What positive steps can you take next?



BULLYING AFFECTS EVERYONE

WHAT CAN YOU DO?

SPEAK UP

tell a grown-up

stand up for the kid
being bullied

tell the bully to stop

encourage classmates to
speak up with you

walk away



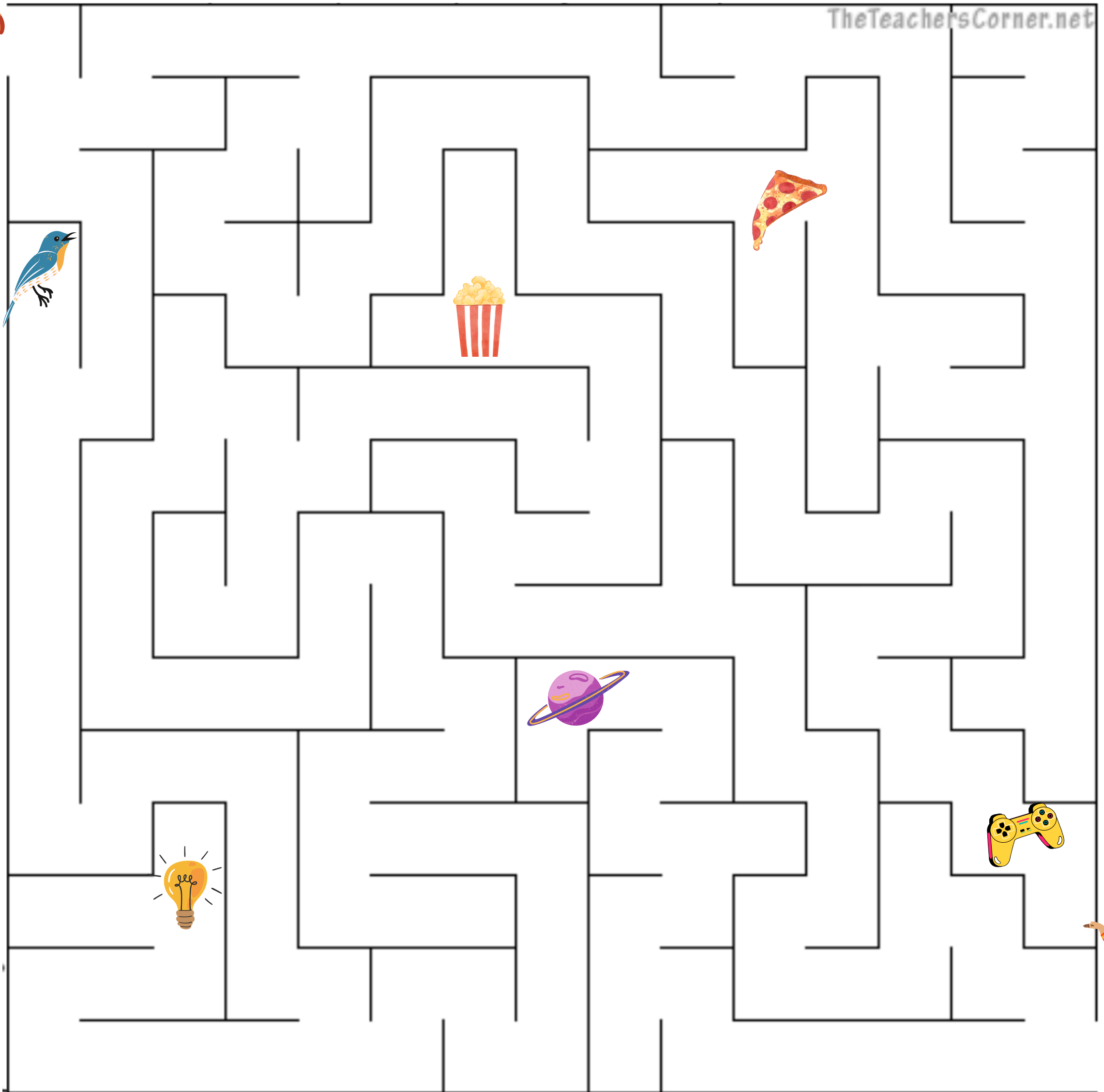
Make a commitment to **open communication**
and **social responsibility** when you speak up
about bullying!



Growth & Change

REPORT THE BULLYING!

Find a Path to Report Bullying to Adults



BULLYING IS NEVER

**OKAY, COOL, OR
ACCEPTABLE**

NO ONE EVER

**DESERVES TO BE
BULLIED**

BE A KID AGAINST BULLYING

You can practice **social learning** and **social responsibility** by standing up to bullies!

I PLEDGE TO SPEAK UP WHEN I SEE BULLYING, REACH OUT TO OTHERS WHO ARE BULLIED, AND BE A FRIEND WHENEVER I SEE BULLYING.

Sign your
name here!



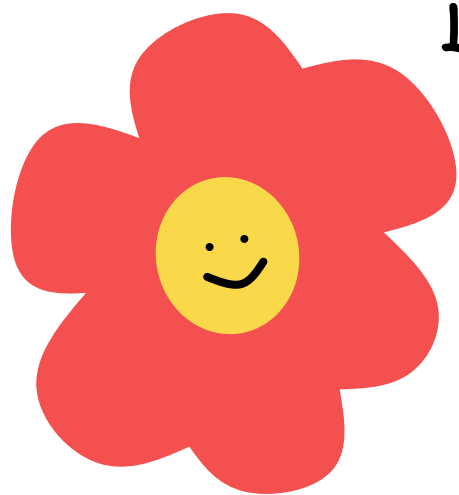
FREE THERAPY SERVICES IN PALM BEACH COUNTY!

IN-PERSON AND TELEMENTAL HEALTH SERVICES OFFERED FOR AGES 0-22

Education & Training Center

100 Australian Ave, Suite 210, West Palm Beach, FL 33406

(561) 233-4460



Highridge Family Center (Residential)

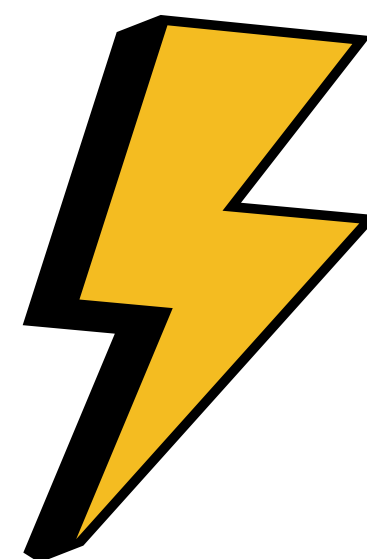
4200 N. Australian Ave, West Palm Beach, FL 33407

(561) 625-2540

Youth & Family Counseling - West County

38754 State Road 80, Belle Glade, FL 33430

(561) 992-1233



Youth & Family Counseling - North County

3188 PGA Blvd., Room 1436, West Palm Beach, FL 33410

(561) 242-5714



Youth & Family Counseling - South County

345 S. Congress Ave, West Palm Beach, FL 33445

(561) 276-1340

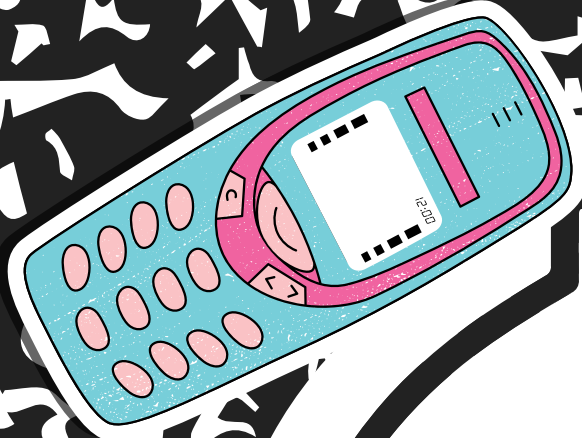
Youth & Family Counseling - Four Points

50 S. Military Trail, Suite 203, West Palm Beach, FL 33415

(561) 242-5714

pbc.gov/youthservices





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name:

