What is bullying?

Bullying is when you are hurting someone verbally and/or physically. It’s where you try to bring someone down or damage them in some way. Bullying is intended to bring people down. Over the years bullying has progressed. Bullying is not illegal, but it is an anti- legislation. Almost all kids through grades 6-12 experience bullied.

How should you handle bullying?

 When bullying happens, try to help. Try to get an adult, or point it out. Only about 25% of kids who are bullied tell someone. Don’t just stand there, be a friend, and take action. Stand up for yourself, and the other person. If you witness someone being bullied, or if you are being bullied then stand up for yourself. Be the better person.

How can you help to prevent bullying?

 Spread love, positivity, and be kind. If someone is being bullied, don’t be mean. **Try an alternative, be really nice and make them feel like the bad person.** Don’t be the bully. Help the community by helping put posters for anti-bullying around your school. Be the better person and help put a stop to bullying.

Why do people bully?

 The problem is that bullying is cruel and wrong. It hurts other people, mentally, and/or physically. **Most bullies have been bullied, or have problems of their own.** **They don’t know how to cope with it, so they take it out on other people.** Sometimes even bullies need someone to talk to, you can be that person. **We all have issues, some of us just don’t know how to handle them.**

The plan.

 Take action! How would you want to stop bullying? Help put bullying to a stop. This December help hang posters for anti-bullying around McClure middle school. Get together with your peers and help divert community by spreading positivity and kindness. You’ll feel better about yourself, and others.

