

# I'm Being Bullied at School – What Should I Do?

**What is bullying?**  
 Bullying is when a person or a group of people harm, threaten, or intimidate another person intentionally. Being a victim of bullying can make you feel hurt, confused, scared, and alone.

## Forms of Bullying:

**Physical:**  
 hitting, pushing, unwanted contact, or any physical harm

**Verbal:**  
 insults, offensive name-calling, or threats

**Social/Relational:**  
 spreading rumors, excluding others from a group, or damaging someone's social reputation

**Cyberbullying:**  
 bullying through offensive messages, threats, or harmful content shared online or by text

## What Are Some of the Reasons Why Youth Are Bullied?

**For their grades or academic performance:**  
 bullied for being perceived as too smart or not smart enough

**For their appearance:**  
 bullied for their physical appearance, body weight, or the way they dress

**For a disability:**  
 bullied for a physical, developmental, or learning disability

**For their socioeconomic status:**  
 bullied for their financial situation or being perceived as rich or poor

**For other reasons:**  
 bullied for being new to the country, not speaking English well, or having a different culture

The information in this handout is based on [PacerKidsAgainstBullying.org](http://PacerKidsAgainstBullying.org), [USCRI](http://USCRI), [KidsHealth.org](http://KidsHealth.org), [BlogHopToys.es](http://BlogHopToys.es), [AMAZE](http://AMAZE), and [Planned Parenthood](http://Planned Parenthood)

# I'm Being Bullied at School – What Should I Do?

## Strategies for Standing up to Bullying

**Stay Calm:**  
Don't let the bully know they have upset you.

**Use Confident Body Language:**  
Stand tall, make eye contact, and speak firmly.

**Don't Resort to Physical Confrontation:**  
Physically fighting back can lead to injuries and more problems. Instead, take deep breaths and walk away to a safe place to find a trusted adult. (For more information on self-regulation techniques, click [here.](#))

**Report the bullying to a [trusted adult.](#)**

**Document the Bullying:**  
Keep a record of bullying incidents, including dates, times, and who said or did what.

Getting help from an adult is important because they can support you, take action, and help keep you safe. Talk to a teacher, school counselor, administrator, parent, or another trusted adult. Be open about what's going on and how it makes you feel. Then, come up with a plan together to address the concerns, including steps the adult will take to help. (For more information on how to ask your school for help, click [here.](#))

If your life and/or safety is being threatened, call 911 immediately for help.

If you need to talk to someone or are looking for help to deal with bullying, text the word **HELP** to 741741 to connect for free with a crisis counselor provided by the **CRISIS TEXT LINE**.

**It's important to remember that... Anyone can be bullied.**  
**Bullying is not your fault, and there are people who can help you.**

The information in this handout is based on the [PacerKidsAgainstBullying.org](#), [USCRI](#), [KidsHealth.org](#), [BlogHopToys.es](#), [AMAZE](#), and [Planned Parenthood](#)