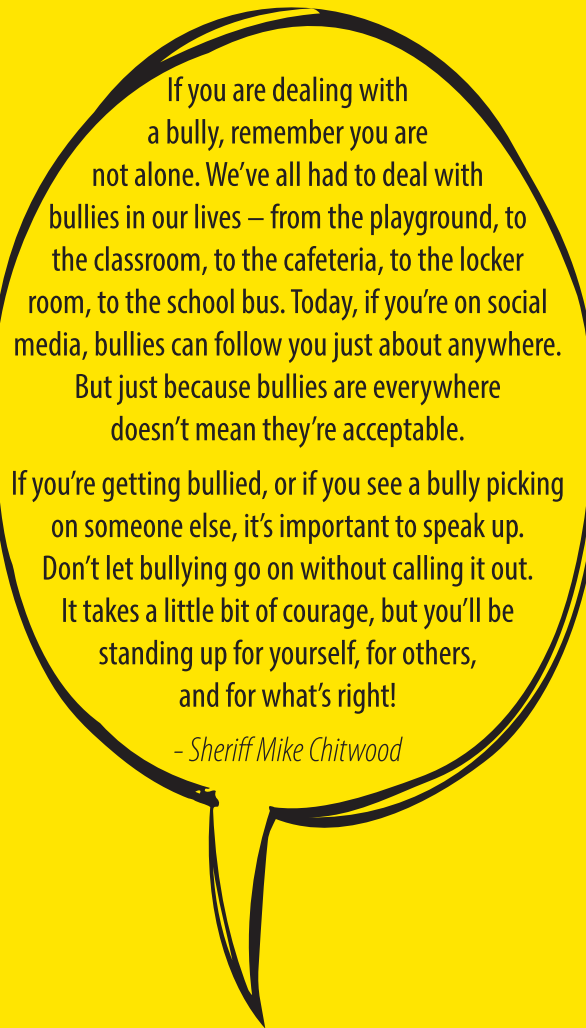


WHAT TO DO IF YOU ARE BULLIED

- **Report** any bullying to your parents, teachers and guidance counselors immediately.
- **Violence is not the answer!** If you get into a fight with your bully, you could be suspended or arrested. Sometimes, schools discipline students involved in fights they didn't start.
- **Try to discourage** bullies. If possible, try to talk it out and request them to stop.
- **Write down** what happened, who was involved, when and where it occurred, and if there were any witnesses.
- **Find support** in the classroom, at home and in your community by talking about your experiences.
- **Don't be afraid** to talk to a counselor about what you've experienced.
- **Don't be a bystander!** If you see someone being bullied, tell a school official right away!

ALWAYS REMEMBER,
BULLYING IS **NOT** YOUR FAULT!



If you are dealing with a bully, remember you are not alone. We've all had to deal with bullies in our lives – from the playground, to the classroom, to the cafeteria, to the locker room, to the school bus. Today, if you're on social media, bullies can follow you just about anywhere. But just because bullies are everywhere doesn't mean they're acceptable.

If you're getting bullied, or if you see a bully picking on someone else, it's important to speak up. Don't let bullying go on without calling it out. It takes a little bit of courage, but you'll be standing up for yourself, for others, and for what's right!

- Sheriff Mike Chitwood

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SHERIFF
MICHAEL J. CHITWOOD

Volusiasheriff.org

IF YOU NEED LAW ENFORCEMENT HELP:

In an emergency, dial 911

You can also send a text to 911, if you can't make a phone call.

Non-emergency line: 386-248-1777 or #VCSO (#8276) from any cell phone

STAND UP
SPEAK UP
ACT



TO
STOP BULLYING

WHAT IS BULLYING?

- Bullying includes but is not limited to:
 - Threats
 - Teasing, name-calling, insults or put-downs
 - Stealing of money or possessions
 - Physical violence or attacks
 - Hateful and mean texts or emails
 - Being left out from groups or teams
 - Insulting, mean or threatening social media posts
 - Sexual, religious, or racial harassment
- Bullying behavior is unwanted, aggressive and repeated.
- Bullying can harm you:
 - Physically
 - Socially
 - Emotionally
- Bullying is harmful! It should not be brushed aside as a "normal" part of growing up.

be a buddy not a bully



KNOW YOUR RIGHTS!

All students have the right to be free from bullying.

- If your school knows that you are being bullied because of your religion, race or ethnicity, national origin, or gender, the school must take immediate and appropriate action to investigate and stop the bullying.
- Bullying can take place outside of school grounds, but it IS the school's responsibility to deal with it if the bully is another student at the school and his/her conduct impacts you while at school.
- The school must communicate to you the steps that they will take to end the harassment and create a safety plan so you feel safe while in school.
- The school must follow up with you to make sure that the bullying has stopped.
- *But remember*, in cases of student-on-student bullying, it is up to the student to put the school on notice. This is why it is important to report it to someone at your school.



WHAT HAPPENS IF IT CONTINUES?

- Keep written records of all bullying incidents with as much detail as possible.
 - Consider filing a formal complaint with your school district stating that you have been bullied based on your religion, race or ethnicity.
 - For more information visit:
stopbullying.gov
 - To talk to someone now:
Call 1-800-273-8255 (TALK)
- For Spanish speakers:
Call 1-888-628-9454
- For deaf/hard of hearing:
Call 1-800-799-4889
- Free and confidential support resources are available to you 24 hours a day, 7 days a week.

