

Summary

Encourage kids to speak to a trusted adult if they are bullied or see others being bullied. The adult can give comfort, support, & advice, even if they can't solve the problem directly. Encourage the child to report bullying if it happens.

Talk about how to stand up to kids who bully. Give tips, like using humor and saying “**stop**” directly and confidently. Talk about what to do if those actions don't work, like walking away.

Talk about strategies for staying safe, such as staying near adults or groups of other kids.

Urge them to help kids who are bullied by showing kindness or getting help.

Here are some additional resources for more information on bullying;

www.stopbullying.gov

www.stopbullyingnow.com

www.eyesonbullying.org

www.bullypolice.org

Emergency 9-1-1

Police Non-Emergency 713-884-3131
Houston Fire Department 713-884-3143

*For more information, visit
www.houstonpolice.org or follow us on*

&

Houston Police Department
Community Affairs
Community Outreach Unit
1200 Travis, Suite 2100
Houston, TX 77002
713-308-3200



STOP BULLYING

HOUSTON POLICE DEPARTMENT
ORDER THROUGH LAW
JUSTICE WITH MERCY

Keep **Houston SAFE**

Office of the Chief of Police

What is Bullying?

Bullying is an unwelcome, aggressive behavior among school aged kids that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated over time.

Verbal Bullying

- Teasing
- Name-calling
- Inappropriate sexual comments
- Taunting
- Threatening to cause harm

Social Bullying

- Leaving someone out on purpose
- Telling other children not to be friends with someone
- Spreading rumors about someone
- Embarrassing someone in public

Physical bullying

- Hitting/kicking/pinching
- Spitting
- Tripping/pushing
- Taking or breaking someone's things
- Making mean or rude hand gestures

Where & When Bullying Happens

Bullying can occur before, during or after school hours. While most reported bullying happens in the school building, a significant percentage also happens in places like on the playground or the bus. It can also happen travelling to or from school, in the youth's neighborhood, or on the Internet.

Signs a Child is Being Bullied

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits. Kids may come home from school hungry because they did not eat lunch
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

Signs a Child is Bullying Others

- Get into physical or verbal fights
- Have friends who bully others
- Are increasingly aggressive
- Get sent to the principal's office or to detention frequently
- Have unexplained extra money or new belongings
- Blame others for their problems
- Don't accept responsibility for their actions
- Are competitive and worry about their reputation or popularity

Who to Contact for Help

- Parent or an Adult
- Teacher
- Police Officer
- School Counselor
- School Principal
- School Superintendent
- State Department of Education

If you or someone you know is feeling hopeless, helpless or thinking of suicide, contact the **National Suicide Prevention Lifeline** online or at 1-800-273-TALK (8255).