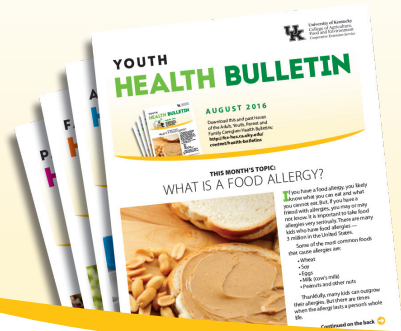


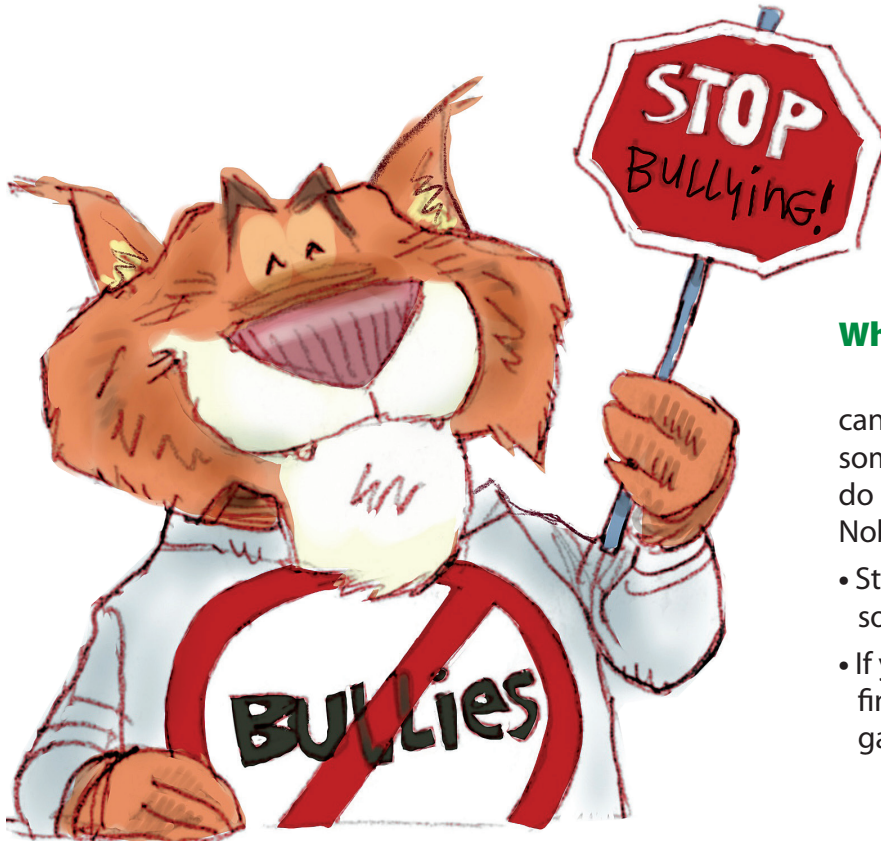
YOUTH HEALTH BULLETIN



OCTOBER 2019

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC: BULLYING



Do you have a friend being bullied? Are you being bullied? Do you see bullying at your school? Bullying can make kids feel hurt, scared, sick, lonely, embarrassed, and sad. Bullies might hit, kick, or push to hurt people, or use words to call names, tease, or scare them.

What can I do?

There are many things that you can do if you are being bullied or know someone who is. The first thing you can do is to treat everyone with respect. Nobody should be mean to others.

- Stop and think before you say or do something that could hurt someone.
- If you feel like being mean to someone, find something else to do. Play a game, watch TV, or talk to a friend.

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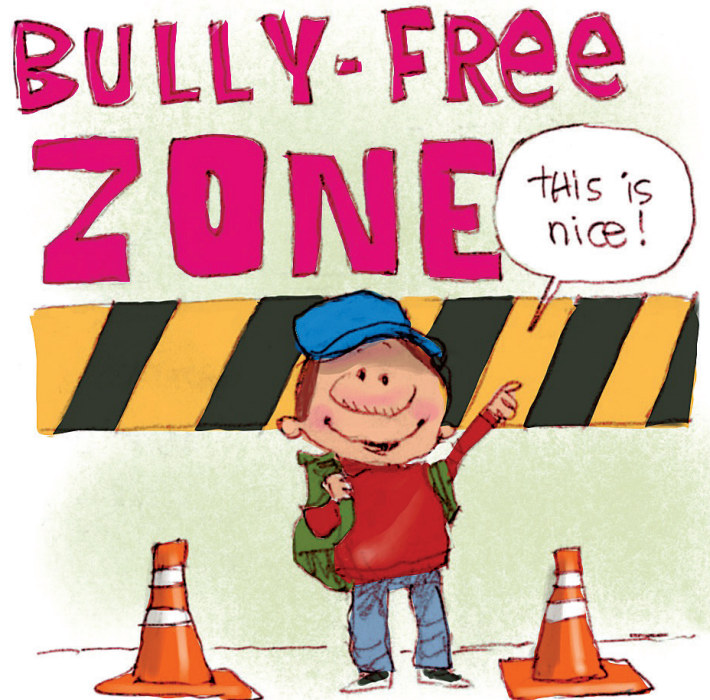
When you see bullying, there are safe things you can do to make it stop. Talk to a parent, teacher, or another adult you trust.

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- Talk to an adult you trust. They can help you find ways to be nicer to others.
- Keep in mind that everyone is different. Not better or worse. Just different.
- If you think you have bullied someone in the past, apologize. Everyone will feel better.

What to do if you're bullied

- Ignore the bully and walk away. Bullies like getting a reaction, so don't give them one.
- Don't get physical. You are more likely to be hurt and get into trouble if you try to fight a bully.
- Try to talk to the bully. Try to point out that his or her behavior is serious and harmful.
- Talk to an adult you trust. Don't keep your feelings inside. Telling someone can help you feel less alone. They can help you make a plan to stop the bullying.
- Stay away from places where bullying happens.
- Stay near adults and other kids. Most bullying happens when adults aren't around.



Stand up for others

When you see bullying, there are safe things you can do to make it stop. Talk to a parent, teacher, or another adult you trust. Adults need to know when bad things happen so they can help.

SOURCES:

- <https://www.cdc.gov/bam/life/bully.html>
- <https://www.stopbullying.gov>
- <https://kidshealth.org/en/teens/bullies.html>

Can you unscramble these words?

- EB ICNE _____
- OT ET!OHRs: _____
- NDO'T _____
- BILLYU: _____

ANSWERS: BE NICE TO OTHERS! DON'T BULLY!

YOUTH HEALTH BULLETIN

Written by: Natalie Jones
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Cartoon illustrations by:
Chris Ware (© University
of Kentucky School of Human
Environmental Sciences)

