

BULLYING AND SELF-ADVOCACY

Bullying is when someone does something intentionally hurtful and they keep doing it even when you tell them to stop or show them that you're upset.

www.stopbullying.gov

Types of Bullying	
Identify Types You've Witnessed or Experienced	
<p>Physical</p> <ul style="list-style-type: none"> • Hitting/kicking/pushing • Taking possessions • Invading personal space • Throwing items 	<p>Verbal</p> <ul style="list-style-type: none"> • Name calling • Teasing • Threats • Making hurtful comments
<p>Social</p> <ul style="list-style-type: none"> • Spreading rumors • Causing embarrassment • Damage to reputation • Exclusion from social groups 	<p>Cyber</p> <ul style="list-style-type: none"> • Impersonating others online • Sending hurtful comments • Sharing embarrassing photos or videos • Outing someone

Using the ACT Message

A	Acknowledge Notice something is going on
C	Care Share your concern and feelings
T	Tell Talk to a trusted adult

Telling is when you want to get help for yourself or others!

Reminder: TELLING and TATTLING are different!

Tattling is when you want to get someone in trouble.

List three trusted adults you can talk to about a bullying situation

1. _____ 2. _____ 3. _____

San Diego Youth Services - HERE Now Prevention and Early Intervention Program

Helping, Engaging, Reconnecting and Educating Community

Our goal is to educate by increasing awareness, promoting conversations, and inspiring connections to prevent suicide—one community, one school, one life at a time.

SELF-ADVOCACY WORKSHEET

"Self-advocacy is when someone takes an active role in improving their own life by speaking up for themselves and the things that are important to them, including their own health and safety."

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Coping Skills and Things to Remember

Stay Safe! Avoid the bullying person when you are able. Walk away if you can. Change your route if needed. Ignore them and keep walking away. Tell a trusted adult immediately if your physical safety is being threatened. No one has the right to harm you, and any threat to do so is serious.

Keep Your Power! Recognize they are trying to control you. Manage your feelings by knowing they are something you can control.

Be Confident! Even if you do not feel it, stand tall and use a clear and calm voice. Practice in the mirror or with a friend.

Respond versus React. If you do not react, the bully can grow bored. Respond neutrally, seem uninterested, leave the bullying person no reason to argue with you. Try these: "Maybe", "Who cares", "Possibly", "That's your opinion", "You're right, I do like/wear _____"

Tips for Practicing Self-Advocacy:

1. Define the problem: _____

- Examples: test anxiety, poor grades, bullying, feeling stressed and feeling overwhelmed.



2. Identify trusted adults: _____

- Examples: counselor, coach, teacher, school staff, parent, guardian, etc.



3. Look for a solution: _____

- Examples: ask for help to improve my grades, spend time with loved ones, practice cope skills, get help for a friend, etc.