



Are You a Target?

Read each of the following questions and check the box next to anything that you may have experienced or felt. These items apply to what happens at school and online such as text messages, gaming, or social media posts. If you need help, ask your mom or dad!

- Are you called mean names by other kids?
- Do other kids ever hit, kick, push, or punch you?
- Do kids leave you out of groups on purpose?
- Has anyone ever sent you mean messages?
- Has anyone ever started a rumor about you?
- Has anyone ever destroyed your belongings?
- Do other kids make fun of the way you look or act?
- Is it hard for you to make friends?
- Are you sometimes afraid to go to school?
- Has anyone ever made you do something that you didn't want to do?
- Do you often feel nervous, anxious, or worried about how other kids act toward you?
- Have other kids ever laughed when someone hurt you?
- Have you not wanted to go to school or ride the bus because you were afraid of another kid?
- Have you ever tried to stop someone from hurting or harming you, but they just keep doing it?
- Has anyone ever made fun of you for something that you don't do as well as other kids?
- Has anyone ever made fun of you for being really good at something?
- Do other kids ever mock or mimic the way you talk, act, or look?
- Do other kids often tell you that they don't want to play with you?

The more boxes you checked, the more likely it is you are being bullied. To learn more, read these tips below, then check out some great ideas on how to get bullying to stop.

- Plan what you can do. Know that you are not alone, that there are people who care and will help you.
- Include your mom, dad, teacher, or other grown up you trust. Don't be silent, or think you need to fix bullying on your own. Telling is important, and is NOT tattling.
- Put bullying in its place! You have rights; the right to tell someone, the right to feel safe and the right to stop the bullying.