



Do You Bully?

Read each of the following questions and check the box next to anything that you may have done 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!

Do you:

- Call other kids names?
- Say things to get a reaction, such as being scared or upset, out of another kid?
- Gossip about other kids or try to make them look bad?
- Tease other kids about how they look or act?
- Start rumors about other kids?
- Want other kids to be afraid of you?
- Try to humiliate other kids?
- Hit, push, or shove other kids?
- Leave kids out of games or groups on purpose?
- Encourage other kids to be mean with you?
- Hurt or be mean to other kids mostly when adults are not around?
- Take or ruin other kids' stuff?
- Enjoy it when you make other kids upset?
- Blame other people for your actions?
- Think it's cool when you laugh at others?
- Enjoy it when other kids are scared of you?
- Think that some people deserve to be hurt or teased?
- Send mean or threatening messages by text, social media, or other technology?
- Think it's funny when other kids feel humiliated?
- Enjoy making fun of other kid's differences?

Recognize any of the signs? Kids bully for a lot of different reasons. It might be because of peer pressure, wanting to feel in control, fear, insecurity, not having positive adult role models, or even being bullied themselves.

If you recognize that you might be bullying, talking with an adult can make a difference. Seriously. It might be your parent or guardian, an aunt or uncle, the school social worker, a trusted teacher, the principal or school nurse. They can help you change bullying behavior — and help you deal with the reasons you do it.