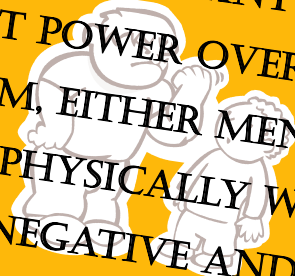


NOT ALL BULLIES LOOK LIKE THIS...



BULLIES WANT TO
EXERT POWER OVER THEIR
VICTIM, EITHER MENTALLY
OR PHYSICALLY WITH
NEGATIVE AND
HURTFUL INTENT.



Bullies are made, not born, and they often learn their behavior from those who have bullied them, including parents, siblings, teachers, and bosses. Targets are sometimes chosen because they are smaller or different or just subordinates. Bullies want to be tough and in control. A form of harassment, severe bullying can involve verbal, psychological, or physical abuse over an extended period of time. Bullies often feel gratified by the fear they instill in harassing their targets.

STOP BULLYING IN ITS TRACKS!

- **Stay Calm**—don't bully back
- **Ignore the bully** — you'll rob the bully of their "fun"
- **Tell someone about it** — don't keep it to yourself
- **Cultivate close friends**— don't allow yourself to be isolated and become an easy target
- **Act brave** — make every effort to walk by and hold your head high without showing fear.

HELPFUL RESOURCES:

www.charityguide.org/volunteer/fifteen/bullying.htm
<http://stopbullyingnow.hrsa.gov/adult/indexAdult.asp>
http://www.ncpamd.com/Bullying_thru_life_cycle.htm



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