



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.



Lista para Saber si eres Blanco de Bullying

Lee cada una de las siguientes preguntas y marca cualquier cosa que tú hayas experimentado. Si necesitas ayuda, pregunta a tu mamá o papá.

- ¿Los niños te dicen cosas feas?
- ¿Los niños te pegan, patean, empujan?
- ¿Otros niños te dejan fuera del grupo a propósito?
- ¿Otros niños se burlan de la forma como te ves o actúas?
- ¿Es difícil para ti hacer amigos?
- ¿A veces te da miedo ir a la escuela?
- ¿Frecuentemente te sientes nervioso/a, ansioso/a o preocupado/a?
- ¿Alguna vez otros niños se rieron cuando alguien te lastimó?
- ¿Alguien te ha ignorado a propósito?
- ¿Alguna vez te has sentido mal acerca de la forma en que alguien te ha tratado?

Mientras más casillas marques, es más probable que tú has sido blanco de bullying. Para aprender más, lee los siguientes consejos, luego checa unas buenas ideas en cómo parar el bullying.

- **Planea lo que puedes hacer. Sabe que no estás solo/a, hay gente que le importas y te van a ayudar.**
- **Incluye a tu mamá, papá, maestra u otro adulto en quien confíes. No permanezcas callado/a o pienses que necesitas arreglar el bullying tú solo/a. Decirlo a alguien es importante y NO es chismear.**
- **Pon el bullying en su lugar! Tú tienes derechos: el derecho de decírselo a alguien, el derecho a sentirte seguro/a y el derecho de parar el bullying.**



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:

- Try to hurt other kids on purpose?
- 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?
- Threaten to humiliate other kids on purpose?
- 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?

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.



Lista para Saber si tú estás haciendo Bullying

Lee cada una de las siguientes preguntas y marca cualquier cosa que tú hayas hecho. Si necesitas ayuda, pregunta a tu mamá o papá.

- ¿Tratas de herir a otros niños a propósito?
- ¿Haces burla a otros niños por cómo se ven o actúan?
- ¿Otros niños te tienen miedo?
- ¿Tú pegas, amenazas o rechazas niños a propósito?
- ¿Tratas de lastimar a otros niños cuando no hay adultos presentes?
- ¿Tú tomas o dañas las cosas de otros niños?
- ¿Disfrutas cuando haces llorar a otros niños?
- ¿Culpas a otras personas por tus problemas?
- ¿Piensas que alguien merece ser lastimado?
- ¿Dices cosas maliciosas acerca de otros – en persona o por el internet?

Mientras más casillas marques es más probable que estás haciendo bullying. Para aprender más; lee los siguientes consejos, luego checa algunas ideas en cómo parar el bullying.

- Habla con tú mamá o papá o con alguien que tengas confianza.
- Piensa cómo se siente sentirse acosado – triste, con miedo, sólo -¿Es así como tú quieres que alguien se sienta?
- Sabe que hay reglas en las escuelas y en las comunidades en contra del bullying – y que existen consecuencias.