

# Am I a **Bully?**

*Do I . . .*

- jump or stroll on, or beat up anyone?
- act ignorant?
- disrespect or talk bad about someone?
- leave them out?
- act grimey or two-faced?
- gang up on anyone?
- curse or cuss at anyone?
- spread rumors on the internet?
- start drama?

*because of who someone is or how they look or act?*

## **Bullying**

*can kill . . .*

- for every suicide, there are 100 attempts
- 50% are caused by bullying
- 30% of students are bullies or bullied
- over 14% of H.S. students have thought about suicide; 7% have tried it
- 160,000 kids nationally stay home from school every day because of bullying

**Remember:**

- Be part of the solution
- It's ok to say

**STOP IT**  
to your friends

**BULLYING**

# *If I am being* **Bullied . . .**

## ■ **Tell someone**

- any adult you trust
- your parents or other relative
- a friend
- your coach
- your tutor
- your pastor, imam or rabbi
- your neighbor
- your teacher, counselor or principal
- your school superintendent
- the police



## **Call:**

**Suicide Hotline for Philadelphia:**  
**(215) 686-4420**

**Delaware County Victim Services/  
Family Support: (610) 891-5237**

**National Suicide Prevention Lifeline:**  
**1-800-273-TALK (8255)**  
**1-888-628-9454 (Spanish)**

**LGBTQ Crisis & Suicide Prevention Lifeline:**  
**1-866-488-7386**

**National Teen Dating Abuse Helpline:**  
**1-866-331-9474**

**Boystown National Hotline: 1-800-448-3000**

## ***Remember:***

■ **Be part of the solution**

■ **It's ok to**

# **TELL SOMEONE**

**State Senator  
Anthony H. Williams**

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## **WEBSITE**

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**ADVOCATING FOR CITIZENS' RIGHTS**

**www.stopbullying.gov • www.reachout.com • www.woar.org • www.suicidepreventionlifeline.org • www.ncvc.org • www.thetrevorproject.org**