

# 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  
KILLS**

# *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:**

**Bully Hotline Philadelphia Students:  
(215) 400-SAFE (7233)**

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

**Philadelphia Police Victim Services:  
(215) 685-1158**

**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](http://www.stopbullying.gov) • [www.reachout.com](http://www.reachout.com) • [www.woar.org](http://www.woar.org) • [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) • [www.ncvc.org](http://www.ncvc.org) • [www.thetrevorproject.org](http://www.thetrevorproject.org)