

PLANNING AHEAD

If you are being bullied or do not feel safe, who are three people you will tell:

1. _____
2. _____
3. _____

Where will you go at school if you are not feeling safe:

Who will you check in with at school each day:

What will you do to protect yourself on social media or online:

Have you shared your passwords with your parents:

- Yes Not yet, but I will



SAFEVOICE.NV.ORG

BULLYING

RESOURCES

IF YOU NEED HELP NOW...

24-hour hotline:
1 (833) 216-7233

Mobile Crisis Response Team:
Northern Nevada: (775) 688-1670
Rural & Southern Nevada: (702) 486-7865

Or call 911

For more information or other resources, visit SafeVoiceNV.org and stopbullying.gov.



HOW TO REPORT BULLYING

- ✘ Tell a trusted adult in your school: a counselor, teacher, coach, principal, etc.
- ✘ Online at SafeVoiceNV.org
- ✘ 24-hour hotline: 1 (833) 216-7233

FOR PARENTS

- ✘ Be aware of what your kids are doing online.
- ✘ Establish rules about technology use.
- ✘ Make sure that you and your children understand the state's anti-bullying laws and policies.
- ✘ Teach your children how to recognize bullying and safe ways to stop bullying when they see it.

Recognize the symptoms of bullying:

- ✘ Unexplainable injuries
- ✘ Lost or destroyed clothing, books, electronics, or jewelry
- ✘ Frequent headaches or stomach aches, feeling sick or faking illness
- ✘ Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- ✘ Difficulty sleeping or frequent nightmares
- ✘ Declining grades, loss of interest in schoolwork, or not wanting to go to school
- ✘ Sudden loss of friends or avoidance of social situations
- ✘ Feelings of helplessness or decreased self esteem
- ✘ Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

FOR STUDENTS

There are things you can do if you are being bullied or to protect yourself from bullying:

- ✘ Look at the kid bullying you and tell him or her to stop in a calm, clear voice. You can also try to laugh it off. This works best if joking is easy for you. It could catch the kid bullying you off guard.
- ✘ If speaking up seems too hard or not safe, walk away and stay away. Don't fight back. Find an adult to stop the bullying on the spot.
- ✘ Talk to an adult you trust. Don't keep your feelings inside. Telling someone can help you feel less alone. They can help you make a plan to stop the bullying.
- ✘ Stay away from places where bullying happens.
- ✘ Stay near adults and other kids. Most bullying happens when adults aren't around.

Protect yourself from cyber-bullying:

- ✘ Always think about what you post. You never know what someone will forward. Being kind to others online will help to keep you safe. Do not share anything that could hurt or embarrass anyone.
- ✘ Keep your password a secret from other kids. Even kids that seem like friends could give your password away or use it in ways you don't want. Let your parents have your passwords.
- ✘ Think about who sees what you post online. Complete strangers? Friends? Friends of friends? Privacy settings let you control who sees what.
- ✘ Keep your parents in the loop. Tell them what you're doing online and who you're doing it with. Let them friend or follow you. Listen to what they have to say about what is and isn't okay to do. They care about you and want you to be safe.
- ✘ Talk to an adult you trust about any messages you get or things you see online that make you sad or scared. If it is cyber-bullying, report it.



**NO
BULLYING
ALLOWED**