



STOP BULLYING

Every 7 seconds someone is bullied.

Bullying isn't just physical abuse. Bullying is also attempting to socially isolate the victim by spreading gossip, refusing to socialize with the victim, bullying other people who may socialize with the victim, and criticizing the victim's manner of dress, race, religion, sex or sexual orientation. Bullies also use tactics like the silent treatment, arguing others into submission, manipulation, lies, rumors, laughing at, or triggering a reaction from the victim by taunting or mockery.

Bullies use bullying to boost their self esteem by demeaning others in order to feel empowered.

BULLYING AFFECTS US ALL!