3 types of bullying

PHYSICAL
Hitting, pushing, spitting, stealing or breaking others’ belongings, making mean hand gestures

VERBAL
Threatening, teasing, name-calling, making sexual remarks

SOCIAL
Spreading rumors, encouraging others to reject or exclude someone, embarrassing someone in public

Every 7 minutes
a child is bullied
AT SCHOOL*

160,000 children miss school every day due to a fear of being bullied**

TOGETHER, LET’S PREVENT BULLYING

Cyber bullying
Can involve both social and verbal types of bullying. Venues of cyber bullying include:
text messages, social media sites, EMAIL, chat rooms & instant messages.

43% of kids have been bullied online†

Take action against bullying.
Pay attention: Is your child being a bully?
Monitor social media accounts, email and text messages.
Limit your child’s online activity and interactions appropriately.
Do not tolerate aggression or hostility between siblings.
Listen to what your child talks about with his or her peers.

*US Department of Justice
**National Association of School Psychologists
†www.dosomething.org

For more information, go to childrenscolorado.org/prevent-bullying