Be an upstander and HELP ERASE BULLYING

speak up

Tell an adult

Be a friend

Don't laugh or encourage bullying

Respect differences

End rumors and harmful messages !

Create a caring community

Know the Facts*

- Nearly 1 out of 5 kids ages 12 to 18 has been bullied.
- Approximately 30% of kids admit to doing some "bullying."
- Bullying affects students of all races and backgrounds.
- Bullying can be physical, verbal, or social. It can happen in person, online, or by text.
- The most common types of bullying are verbal and social. Physical bullying happens less often.
- Only about 20% to 30% of students who are bullied tell adults about the bullying.
- 33% of U.S. high school students who self-identify as lesbian, gay, or bisexual (LGB) report having been bullied on school property and more than 27% report being cyberbullied in the past year.
- When bystanders intervene, bullying stops within 10 seconds 57% of the time.

*stopbullying.gov/resources/facts#stats and stopbullying.gov/bullying/lgbtq