

HELP WITH BULLYING

A Guide

FOR PARENTS

**How to Recognize, Respond to, and
Overcome Bullying.
MG Global Coaching Academy**



Help with Bullying

What is Bullying?

Bullying is when someone hurts, teases, or tries to control another person on purpose, again and again. It can happen in person, online, or even in friendships. No one deserves to be bullied.

Types of Bullying

Physical Bullying

Hitting, pushing, or taking someone's things.

Verbal Bullying

Name-calling, teasing, or making threats.

Social Bullying

Leaving someone out on purpose, spreading rumors.

Cyberbullying

Posting mean comments or messages online.

What to Do If You're Being Bullied

Stay Calm & Confident

Bullies want a reaction. If you stay calm, they lose their power.

Walk Away

If its safe, ignore them and walk away.

Tell a Trusted Adult

You are not alone! Talk to a teacher, parent, or coach.

Use Strong Words

Say, Stop! I don't like that. and stand tall.

Find Safe Friends

Stick with people who treat you with kindness.

How to Help a Friend Who is Being Bullied

Be There for Them

Let them know they are not alone.

Don't Join In

Even laughing at bullying can hurt someone.

Speak Up If Safe

Say, That's not cool, leave them alone.

Tell an Adult

Helping a friend get support is not snitching, it's being kind.

Invite Them to Join You

Sitting with someone at lunch can make a big difference.

What If You've Been Mean to Someone?

Sometimes, people don't realize their words or actions hurt others.

If you've been unkind, you can change that! Apologize

Say, "I'm sorry, I shouldn't have said that."

Make It Right

Treat them with kindness moving forward.

Think Before Speaking

Ask yourself, Would I like this said to me?

Final Words of Encouragement

You are strong, worthy, and important.

No one has the right to make you feel small. If you're being bullied, speak up and get help. Kindness is always stronger than hate! MG Global Coaching Academy is here for you