

# STAND UP TO BULLYING

## FACT SHEET FOR STUDENTS

### What is bullying?

Bullying is intentional, repeated hurtful acts or words, such as name calling, threatening, or leaving someone out of a group. The person who is bullied usually does not provoke the bully. When someone bullies they do it to feel powerful.

### Who does bullying affect?

Bullying can affect everyone on center. Those who are targets of bullies often feel unsafe. They may lose interest in their trade and they may be very unhappy. If a lot of bullying is going on, the whole center might be a negative place.

### Who do bullies target?

Anyone can be a bully's target; however, some students are targeted more than others. Students who are smaller, weaker, or seen as different are more often bullied. Gay, lesbian, bisexual, and transgender (GLBT) individuals and young people with disabilities are often targeted by bullies.



### How can you tell if someone is bullied?

- They have unexplained cuts, bruises, and/or scratches
- They lose interest in academics or trades
- They complain of stomachaches or headaches
- He or she is sad, depressed, or moody

### What should I do if I think someone is bullied?

If you see someone being bullied, support them. Do not join in the bullying. Be an upstander, tell the bully to stop (if you think it's a safe thing to do). Then involve the person who is targeted in activities. Chances are they could use a friend. If the bullying doesn't stop, talk with an RA, counselor, or another staff person on center. If you aren't comfortable doing this in person, you can use one of the following:

- Job Corps Safety Hotline (844) JC1-SAFE (call or text)
- JC1Safe (mobile app)
- JCTips <https://jctips.com/>

### Learn more:

Bystanders to Bullying  
<https://www.stopbullying.gov/prevention/bystanders-to-bullying>

KidsHealth for Teens: Dealing with Bullying  
<https://kidshealth.org/en/teens/bullies.html>