

If you are bullied...

- Talk with your counselor, RA, the center mental health consultant, or another staff member you trust.
- Try to avoid the bully.
- Be assertive. Talk with the person who is bullying you (if you think it's a safe thing to do or ask a friend to come with you, again if safe to do).
- Hang out with friends. There's safety in numbers.
- Protect yourself, but do not physically fight back. This usually makes the bullying worse.
- Whatever you do, don't plan revenge and get yourself into trouble. Seek help from a staff member.



Stand Up to Bullying

STAND UP!



Job Corps prohibits acts of harassment and bullying and strives to maintain a safe learning and living environment for all 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 do bullies target?

Anyone can be the target of a bully. However, a lot of targets are shy, quiet, and anxious.

Unfortunately, some students are bullied because they have a disability, are gay, lesbian, bisexual, or transgender (GLBT), are overweight or small, or are a different race or religion.



What do bullies look like?



Bullies can be male or female, big or small. They can be older or younger. They can be loud and aggressive or reserved and tricky.

Often, we think of a bully as the big guy who threatens smaller guys. Sometimes that's true. But bullies don't have to use physical strength. They can bully by leaving other people out of a group, spreading rumors, text messaging, or tormenting others.

Stand up to bullying!

If you know someone is bullied, it is your responsibility to help them. It's not always the easiest thing to do, but it's the right thing.

How you can help—

- Support the target, not the bully.
- Take the bully aside and ask him or her to quit it (if you think it's a safe thing to do).
- Include the bully's target in activities.
- If the bully doesn't stop, report it to a staff member. 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)
 - Job Corps Safety Hotline <https://ictips.com>
 - JC1Safe (mobile app)



Learn more at KidsHealth – Dealing with Bullying
<https://kidshealth.org/en/teens/bullies.html>