

Bullying 101: Guide for Middle and High School Students

A guide to the basics of bullying, what it is and isn't, the role of students, and tips on what you can do.



A lot of teens describe bullying as, "When someone tries to make you feel less about who you are as a person, and you aren't able to make it stop." Bullying is different from the typical disagreements or arguments between friends and classmates. What's the difference? It's bullying if:

- The person is being hurt, harmed or humiliated with words or behavior.
- The behavior is repeated, though it can be a single incident.
- It is being done intentionally.
- The person being hurt has a hard time defending themselves from the behavior.
- The student(s) who are doing it have more power.*

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