

“

Are You Being Bullied?

”

It's important to know that bullying can happen to anyone—and it's not always so easy to recognize. If you are trying to determine if you're experiencing bullying, take a look at the checklist below. Read each of the following questions and check any boxes you think might apply to your situation.

- Do other students make mean comments about you?
- Have you ever been called hurtful names?
- Are you teased for how you look or act?
- Do you feel alone or isolated at school?
- Has anyone ever spread mean or untrue rumors about you?
- Are you ever purposely excluded from a group?
- Have you ever felt that someone you thought of as a friend is trying to control you?
- Has someone ever touched you in a way that felt inappropriate, demeaning, or threatening?
- Has anyone ever mocked or mimicked the way you talk or act?
- Has anyone ever damaged your belongings?
- Do other students physically hurt you on purpose?
- Are you ever afraid to go to school?
- Do you get anxious about how you are treated by other kids at school?
- Have photos of you been posted online without your permission?
- Has anyone ever pretended to be you on a social media site?
- Have people ever posted mean things about you online, or commented in a mean way on things you post?

The more boxes you checked, the more likely it is you are being bullied. The first thing to know is the **NO ONE** deserves to be bullied and that you have the right to be safe. The next thing is to know that you are not alone. Now is the time to talk with a trusted adult and to work through a plan.