In support of National Bullying Prevention Month, Shriners Hospitals for Children® has launched #CutTheBull, a national anti-bullying campaign.

Be a #CutTheBull advocate and start a conversation about bullying in your community.

Initiate the conversation at your school, with your peers, at a community center or even with a sports team. The important thing is that we start the conversation now about ways to see the ability in everyone.

The following information will help you to plan and give your #CutTheBull talk.

For additional resources and information on how to become an anti-bullying advocate, visit cutthebull.org.
Bullying is when someone is hurt either by words or actions and has a hard time stopping what is happening to them.

There are many different types of bullying:

- **Physical**
  - Hitting
  - Pushing and shoving
  - Fighting
  - Tripping
  - Yelling at someone
  - Making rude gestures
  - Taking or breaking another person’s things

- **Emotional**
  - Name calling
  - Making fun of someone
  - Laughing at someone
  - Leaving someone out on purpose
  - Starting rumors or telling lies about someone
  - Trying to make someone feel bad about who they are

- **Cyberbullying**
  Using technology – internet, email, cell phones, social media, pictures – to hurt or harm someone else.
  - Sending mean text messages
  - Posting statements online that are unkind or not true
  - Sending or posting pictures that are not yours to share
  - Making negative comments online about someone
  - Agreeing with someone who posts something hurtful

Sources: pacerkidsagainstbullying.org, iwitnessbullying.org

Bullying is never okay, cool or acceptable!

If you feel like you, or someone you know, is being seriously bullied, there are people you can talk to and resources that can help:

- **Crisis Text Line:**
  - 741-741 (U.S.)

- **Call:**
  - 855-201-2121 (U.S.)
  - 800-668-6868 (Canada)
• Over **3.2 million** students are victims of bullying each year.

• Children with visible scars or physical disabilities are **twice** as likely to be bullied.

• Approximately **160,000** teens skip school every day because of bullying.

• **71%** of students report incidents of bullying as a problem at their school.

• **17%** of American students report being bullied **2 to 3 times a month** or more within a school semester.

• By age 14 **less than 30% of boys and 40% of girls** will talk to their peers about bullying.

**#CutTheBull**

**Bullying Facts**

You may choose to include these facts in your conversation.

• **90%** of 4th through 8th graders report being victims of bullying.

• **1 in 10** students drop out of school because of repeated bullying.

• As boys age they are less and less likely to feel sympathy for victims of bullying. In fact they are more likely to add to the problem than solve it.

• Physical bullying increases in elementary school, peaks in middle school and declines in high school. Verbal abuse, on the other hand, remains constant.

Source: dosomething.org

**Additional Anti-Bullying Resources:**

cutthebull.org
stopbullying.gov
pacerkidsagainstbullying.org
thebullyproject.com
iwitnessembullying.org
kidshelpphone.ca
#CutTheBull

**Conversation Tips**

Use these tips to enrich your conversation.

- Know your audience!
  - Are they in elementary school or older?
  - Model your speech so it is age-appropriate for the group.

- If you have been bullied, share your story.

- Tell about a time when you or someone you know stood up to a bully.

- If time allows, include facts about Shriners Hospitals for Children (see fact card for ideas).

- You may also include group activities to simulate living with a disability.

- Simulate bullying for your group with the sticky note activity described in this tool kit.

**Make an Agenda**

Before you start your conversation, make an agenda so you know what you will say in the beginning, middle and end.

Here is an example:

1. Tell your story.
2. Engage the group with an activity. In this tool kit you will find a bullying simulation activity using sticky notes.
3. Provide time for others to share their personal stories about a time when they stood up to a bully.
4. Tell your audience that they can learn more at cutthebull.org.
#CutTheBull

**Bullying Simulation**

Use this activity to demonstrate the effects of bullying.

- Hand out sticky notes to your group.
- Explain that the sticky notes represent the kids in the group. Different colored sticky notes represent the differences that are present among us all.
- Tell the group to pretend to be bullies to the sticky notes. Have them say something hurtful or unkind.
- Ask the group to crumple (not rip!) the sticky notes.
- Explain that when you verbally hurt someone, they crumple.
- Now ask the group to unfold the sticky notes and try to smooth out the wrinkles in the paper.
- Ask the group if they were able to completely smooth out the paper. When they answer “no,” explain that bullying can have similar lasting effects.
- Explain that we are all different in our own ways, and that being different is a great thing!

« For more information, or tips on how to present this simulation, check out this video by Madelyn Hubbs, a Shriners Hospitals for Children patient ambassador.

Scan this QR code to view Madelyn’s video or watch it on cutthebull.org!

Whenever possible teach kids the three R’s:

**Respect:** Let us look beyond our differences and overcome our fears to see the ability in everyone.

**Reach Out:** Talk to, include and get to know someone who is being treated differently.

**Respond:** If you see someone being put-down or teased, do not participate. Instead, show support for the person and tell an adult.
How should you react if you’re bullied?

There is no one right way to deal with bullying. Here are some examples of how to react if you are being bullied:

- **Shrug it off.** Look bored, avoid eye contact and think to yourself, “Whatever” or “I don’t care.”

- **Tell the bully to stop** in a calm and cool way: “Stop glaring at me,” or “I want you to stop telling everyone I’m a cheater. It is not true.”

- **Just walk away** without acknowledging the bully. If online or texting, type “gotta go” and log off. Don’t respond to mean messages directed at you.

- **Tell someone if it keeps happening.** Tell a parent, counselor or teacher or other adult in charge if more intervention is needed. It is not tattling if you report this kind of behavior to an adult.

- **Do what you love.** Activities give you a chance to have fun, meet others and build confidence and friendships that will help to protect you from being bullied.

- **Get support.** Spend time talking to those closest to you or even to a counselor or a psychologist. You do not need to go through a difficult experience alone.

- **Stay Strong.** Being bullied makes it difficult to concentrate in school and to have fun with your friends. Kids who bully are looking for an emotional reaction from you. Instead, follow these tips to look and feel strong:
  - **Act confident** by holding your head up high and looking people in the eye. Acting confident can actually help you to feel more confident.
  - **Take a break when you need one.** Get a drink of water or even splash water on your face when you are feeling upset.
  - **Take a few long, deep breaths.** Breathe in confidence and strength and breathe out your stress and worry.
  - **Let it out.** Think about an adult you can talk to when you are having a tough day. If no one is there at that moment, write your feelings down so you can talk about them later.

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Shriners Hospitals for Children® | #CutTheBull Tool Kit | 2016
Shriners Hospitals for Children

Quick Facts

Use these facts about Shriners Hospitals for Children in your conversation!

- Shriners Hospitals for Children is a unique pediatric health care system with 22 locations in the United States, Canada and Mexico.
- All care and services are provided regardless of the families’ ability to pay.
- Our hospitals specialize in pediatric orthopaedics conditions, burns, spinal cord injuries, and cleft lip and palate.
- Children up to age 18 are eligible for care at Shriners Hospitals for Children.
- As a nonprofit organization, Shriners Hospitals for Children relies on the generosity of Shriners, corporations and donations to carry out its mission and improve the lives of children every day.
- Shriners International is the fraternity that founded and continues to support Shriners Hospitals for Children as its official philanthropy.

- The first Shriners Hospitals for Children opened in 1922 in Shreveport, Louisiana. The hospital initially focused exclusively on treating the orthopaedic after effects of the polio virus, which was rampant at that time.
- Shriners Hospitals for Children has been a leader in burn care, research and education since the 1960s.

Shriners Hospitals
for Children

Refer a patient to our hospitals: 800-237-5055
Visit our website: shrinershospitalsforchildren.org
Follow us: twitter.com/shrinershosp
Like us: facebook.com/shrinershospitalsforchildren
Watch us: youtube.com/shrinershospitals
Follow us: instagram.com/shrinershospitals