

the Putnam Valley Health Advisory Council presents . . .

# the **HAC** Helpline #2

for the Students and Families of the Putnam Valley Central School District

## Facts About Bullying

A lot of young people have a good idea of what bullying is because they see it every day! Bullying happens when someone hurts or scares another person on purpose and the person being bullied has a hard time defending himself or herself. Usually, bullying happens over and over:

- ☛ Punching, shoving and other acts that hurt people physically
- ☛ Spreading bad rumors about people
- ☛ Keeping certain people out of a "group"
- ☛ Teasing people in a mean way
- ☛ Getting certain people to "gang up" on others

Bullying also can happen on-line or electronically. Cyberbullying is when children or teens bully each other using the Internet, mobile phones or other cyber technology. This can include:

- ☛ Sending mean text, e-mail, or instant messages
- ☛ Posting nasty pictures or messages about others in blogs or on web sites
- ☛ Using someone else's user name to spread rumors or lies about someone

There are many ways that young people bully each other, even if they don't realize it at the time. Unfortunately, not everyone takes bullying seriously, including adults, which is one of the main reasons that the Youth Expert Panel has worked alongside the representatives of the U.S. Department of Health and Human Services (HHS) and the Maternal and Child Health Bureau (MCHB) to develop the Take A Stand. Lend A Hand. Stop Bullying Now! campaign.

<http://www.stopbullyingnow.hrsa.gov/>

**If you see, hear, or are a victim of this type of behavior please speak with a school staff member right away.**

**It is not tolerated nor allowed—be good to yourself and to each other.**

For more than 14 years, **The Putnam Valley Health Advisory Council** has been quietly taking responsibility for improving the health, safety, and well being of the children of the Putnam Valley Central School District, as well as the community at large. This group of teachers, parents, physicians, nurses, law enforcement, administrators and students meets monthly throughout the school year and the summer and sponsors community events and programs aimed at educating and informing the children and parents of Putnam Valley, NY.