

# Bullying

Categories : [Children and Families](#), [Education](#), [Mental Health Care](#), [Youth and Young Adults](#)

**BULLYING IS NOT ACCEPTABLE BEHAVIOR, and you don't have to put up with it.**

## WHAT IS BULLYING?

Bullying includes a variety of behaviors, but all involve a person or group trying to take advantage of the power they have to hurt or reject someone else. These behaviors can be carried out physically (hitting, kicking, pushing), verbally (calling names, threatening, teasing, taunting, spreading rumors), or in other ways such as leaving them out of activities, not talking to them, stealing or damaging their things, making them feel uncomfortable and scared, and making faces or obscene gestures.

Bullying is also hard on kids who witness someone else being bullied because it can make them feel guilty or helpless for not standing up to the bully. If you see someone being bullied get a teacher, parent, or other responsible adult to come help immediately.

## WHAT YOU CAN DO:

If a bully begins to harass you, do not let the bully see how much he or she has upset you. If at all possible, stay calm and respond firmly or else say nothing and walk away. If possible avoid situations where bullying can happen. If you can't get the other person (or persons) to stop, don't be ashamed to ask for help. You have the right to be treated with respect and you have the right to be protected against bullies who won't quit.

If you or a classmate is being bullied, talk to your parents, a teacher, or a school administrator. A trusted adult can help develop a plan to end the bullying. Sometimes kids feel ashamed or embarrassed because they think they should be able to handle the problem on their own or that involving an adult will only make the situation worse. Sometimes the adults themselves become part of the problem when they blame the kid for not being able to "handle" the bullies. The truth is that every kid has a right to safety, respect, and a comfortable environment in all school settings, so please report bullies to an understanding, trusted adult.

## WHAT IS CYBERBULLYING?

"Cyberbullying" is being cruel to others by sending or posting harmful material using the Internet, cell phone, or other digital communication devices. Some forms of cyber bullying are:

- Sending abusive e-mails
- Spreading mean rumors in Internet chat rooms
- Nasty instant messaging
- Repeated notes or calls to the cell phone
- Forwarding supposedly private messages, pictures, or video to others

## WHAT YOU CAN DO:

- Tell a trusted adult
- Never open, read or respond to messages from cyberbullies
- If it is school related, tell your school.



- Do not erase the messages. They may be needed to take action.
- If you are threatened with harm, call the police.

### **THERE ARE LAWS IN CONNECTICUT TO HELP STUDENTS:**

Teachers, parents and kids need to remember that Connecticut has two legislative acts and a federal law that protects kids from being bullied at school. These laws can be found on the Department of Education's website link here: [Bullying and Harassment-Regulations \(ct.gov\)](#)

These laws require that each local and regional board of education develop a policy to address the existence of bullying in its schools. Each school's policy must:

- Enable students to make anonymous reports about bullying to teachers and school administrators
- Enable parents or guardians of students to file written reports of suspected bullying
- Require teachers and other school staff who witness acts of bullying or receive student reports of bullying to notify school administrators
- Require school administrators to investigate any written or anonymous reports
- Include an intervention strategy for school staff to deal with bullying.

For more information and resources go to the Connecticut Department of Education's webpage, on "Bullying and Harassment": <https://portal.ct.gov/SDE/School-Climate/Bullying-and-Harassment/Related-Resources>

**CONNECTICUT STATE DEPARTMENT OF EDUCATION, COMPLAINTS DEPARTMENTS:** [Bullying and Harassment-Contact](#)

### **RELATED LINKS:**

- Stop Bullying (<https://www.stopbullying.gov/>)
- MedlinePlus: Bullying (<https://www.nlm.nih.gov/medlineplus/bullying.html>)
- Stomp Out Bullying <https://www.stompoutbullying.org/>

### **TO FIND PROVIDERS IN CONNECTICUT'S COMMUNITY RESOURCES DATABASE:**

Search by service name: [Bullying Prevention](#)

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*SOURCES: Safe Child Program, Cyberbullying website; Connecticut State Department of Education*

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