



**raise awareness**

Everyone can learn how to recognize bullying and how to respond when bullying happens.

recognize the different types of bullying.

#### Verbal

- Verbal bullying is saying or writing mean things. Verbal bullying includes:
  - Teasing.
  - Name-calling.
  - Inappropriate sexual comments.
  - Taunting.
  - Threatening to cause harm.

#### Social

- Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Social bullying includes:
  - Leaving someone out on purpose.
  - Telling other children not to be friends with someone.
  - Spreading rumors about someone.
  - Embarrassing someone in public.

#### Physical

- Physical bullying involves hurting a person's body or possessions. Physical bullying includes:
  - Hitting/kicking/pinching.
  - Spitting.
  - Tripping/pushing.
  - Taking or breaking someone's things.
  - Making mean or rude hand gestures.

#### Cyber

- Cyberbullying is bullying that takes place using electronic technology. Electronic technology includes devices and equipment such as cell phones, computers, and tablets as well as communication tools including social media sites, text messages, chat and websites
  - Mean text messages or emails.
  - Rumors sent by email or posted on social networking sites.
  - Embarrassing pictures, videos, websites, or fake profiles.



## Respond when you see bullying

[How kids and teens can respond](#)

[How adults can respond](#)



## Reach out for more help from these organizations

### StopBullying.gov

If you or someone else is in immediate danger, learn how to get help.

[Get Help](#)

### CDC.gov

Learn more about the CDC's bullying prevention program.

[Learn More](#)

The Missouri School Violence Hotline  
(866) 748-7047

The Kansas School Violence Hotline  
(877) 626-8203

National Suicide Prevention Hotline  
(800) 273-TALK (8255)

Johnson County Mental Health Centers  
(913) 826-1500

Wyandot Center For Community  
Behavioral Healthcare  
(913) 233-3300

Swope Health Services  
(816) 922-7645



In 2016, Children's Mercy and Sporting Kansas City began a ground-breaking, long-term partnership. Together, these two prominent Kansas City organizations are working to create positive change in the health and well-being of our community.

Bullying has become an increasingly prevalent problem in Kansas City. Both kids who are bullied and kids who bully others can have long-term mental and physical health concerns. Children's Mercy and Sporting KC are teaming up to help kids, teens and adults speak up against bullying.

If you need help, please visit [StopBullying.gov](#) or call the National Suicide Prevention Hotline at (800) 273-TALK (8255).

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