



empower yourself

You have the power to stand up against bullying. Call it when you see it! When bullying happens to you or you see someone else being bullied, here's what to do.



What to do if you are being bullied

- Look at the kid bullying you and tell him or her to stop in a clear, calm voice. You can try to laugh it off. This works best if joking is easy for you. It could catch the kid bullying you off guard.
- If speaking up seems too hard or not safe, walk away and stay away. Don't fight back. Find an adult to stop the bullying on the spot.
- Talk to an adult you trust. Don't keep your feelings inside. Telling someone can help you feel less alone. They can help you make a plan to stop the bullying.
- Stay away from places where bullying happens.
- Stay near adults and other kids. Most bullying happens when adults aren't around.

Protect Yourself from Cyberbullying

- Always think about what you post. You never know what someone will forward. Being kind to others online will help keep you safe. Do not share anything that could hurt or embarrass anyone.
- Keep your password a secret from other kids. Even kids that seem like friends could give your password away or use it in ways you don't want. Let your parents have your passwords.
- Think about who sees your posts online. Complete strangers? Friends? Friends of friends? Privacy settings let you control who sees what.
- Keep your parents in the loop. Tell them what you are doing online and who you are doing it with. Let them friend or follow you. Listen to what they have to say about what is and isn't ok to do. They care about you and want you to be safe.



4 things all kids can do to stop bullying:

1. Treat everyone with kindness and respect. Stop and think before you say or do anything that could hurt someone.
2. If you are bullied, tell him or her to stop in a calm, clear voice. Or, if that doesn't feel safe, walk away, stay away, and talk to an adult you can trust.



3. If you see someone being bullied – report it. Just watching it happen, or worse, egging on the child doing the bullying, only encourages the behavior.
4. A lot of bullying happens online. If you get messages or see things that make you sad or scared, talk to an adult. If it is cyberbullying, report it.



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).
© 2018 Sporting Kansas City and Children's Mercy. All Rights Reserved.