



Are you doing it?
Are you seeing it?
Are you experiencing it?

WORDS CAUSE HARM

- Spreading harmful rumors, gossip, or inuendo
- Ridiculing or belittling someone; including their ideas or behavior
- Unsolicited commenting on a person's identity, beliefs, or appearance

ACTIONS CAUSE HARM

- Misusing authority, power or position against an individual or group
- Preventing an individual or group from being seen and/or heard
- Making unwelcome advances or displaying suggestive behavior

**Find more examples at
btshelp.org/stopbullying
or use the QR code**

