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

Mental Health and Suicide Prevention Initiative
See the world in a new light btshelp.org/mentalhealth