

“Addressing Bullying Behaviors” Academy
(Middle/High School)

When is it Bullying by Social Aggression **Relational Bullying Cards**

Someone repeatedly spreads false rumors about a person on social media, leading to online harassment.

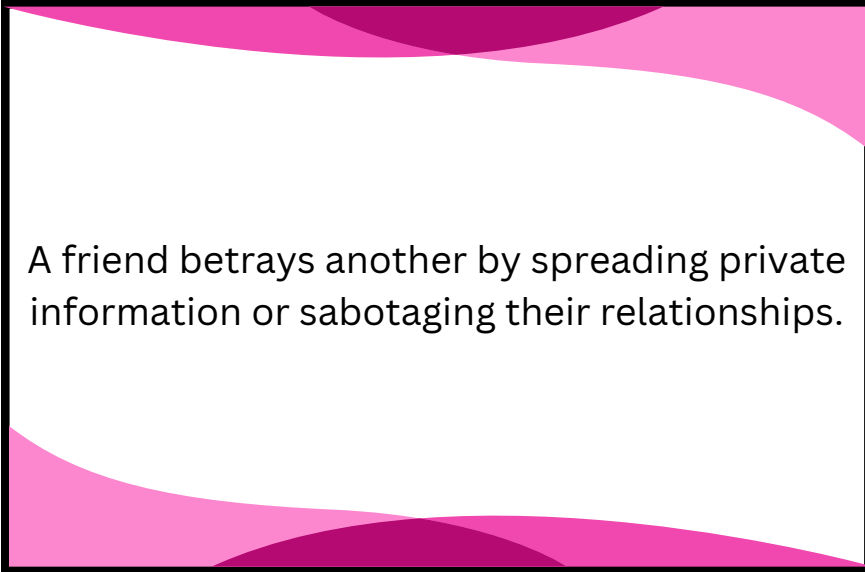
Spreading lies about someone to damage their reputation.

Excluding others from social interactions and encouraging their isolation. Sometimes the exclusion is obvious and sometimes it is not.


Trying to stop others from being friends with someone. Damaging their relationships with others.

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A decorative border with pink and magenta wavy shapes framing the text.

A friend betrays another by spreading private information or sabotaging their relationships.

A decorative border with teal and dark teal wavy shapes framing the text.

Not talking to someone and stopping all communication as a way to get what you want from them.

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Facilitator Guide Consequences

Someone repeatedly spreads false rumors about a person on social media, leading to online harassment.

Legal consequences for the aggressor if the harassment crosses legal boundaries. If found guilty possible probation, jail time, and fines.

Possible school consequences. Review school handbook

Spreading lies about someone to damage their reputation.

Civil crime, not legal and it could depend.

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Facilitator Guide 3 Ways to Help

Someone repeatedly spreads false rumors about a person on social media, leading to online harassment.

1. Do not like or comment on those posts
2. Report it.
3. Reach out to the target and be friends with them.

Spreading lies about someone to damage their reputation.

1. Do not share the lies.
2. Be an upstander and tell the person spreading the lies to stop.
3. Be a friend to the target.

Excluding others from social interactions and fostering a sense of isolation. Sometimes the exclusion is obvious and sometimes it is not.

1. Invite the person being isolated to join you and your friends.
2. Be an upstander and tell the person excluding to stop.
3. Be a friend to the target.

Trying to stop others from being friends with someone. Damaging their relationships with others.

1. Do not engage with the negative behavior.
2. Be an upstander and invite the target anyway.
3. Be a friend to the target.

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Facilitator Guide 3 Ways to Help

A friend betrays another by spreading private information or sabotaging their relationships.

1. Do not engage in the negative behavior.
2. Be a friend to the target.
3. Do not re-share the information.

Not talking to someone and stopping all communication as a way to get what you want from them.

1. Be a friend to the target.
2. Do not engage in the negative behavior.
3. Tell the person performing the negative behavior to stop.