

10 FACTS  
—  
—  
—  
—  
—  
**ABOUT**  
—  
—  
—  
—  
**BULLYING**  
—  
—



**BULLYING IS NOT SIMPLY  
ONE PERSON BEING  
MEAN OR AGGRESSIVE  
TO ANOTHER.**

**1**

**2**

**Bullying happens when  
there is a power  
imbalance between  
two people or groups  
of people.**

NeuroClastic

 **BLM757**

Power imbalance can come in  
the form

of popularity

or social status,

money, gender,

sexuality, level of authority,

majority racial

or religious status,

size, or ability level.

3

NeuroClastic

 BLM757

Bullying is participating in any actions that cause someone at the bottom of a power imbalance to feel afraid, isolated, unsafe, or intimidated

4

5 Bullying is not always direct and often happens in the form of shunning or blocking someone's access to participate.

NeuroClastic

 BLM757

6

BULLYING IS OFTEN  
PRACTICED IN WAYS  
THAT ARE LEGAL AND  
DO NOT BREAK SCHOOL  
OR WORKPLACE RULES.

VICTIMS

OF BULLYING OFTEN

HAVE TROUBLE

GETTING HELP BECAUSE THOSE

IN AUTHORITY ARE

COMPLICIT OR

ARE EVEN ACTIVE PARTICIPANTS.

NeuroClastic

  BLM757

8

**WITH TEENS AND ADULTS,  
BULLYING OFTEN  
HAPPENS WHEN PEOPLE  
SPREAD FALSE INFORMATION ABOUT  
THE VICTIM— OR  
INFORMATION THAT  
IS TRUE BUT LACKS CONTEXT.**

**FOR EXAMPLE,  
A VICTIM MAY SAY  
OR DO SOMETHING IN RESPONSE  
TO BEING HARASSED OR ATTACKED.  
THE BULLIES LATER USE  
THAT REACTION TO MAKE  
THE VICTIM SEEM LIKE THE BULLY.**



The logo for BLM757, featuring a paw print icon to the left of the text "BLM757".

9

Bullies often don't realize they are participating in bullying. They often place trust in people with the highest social status and assume allegations against a victim are true without fact-checking. This is still bullying.



# 10

*Many people  
participate  
in bullying in order  
to avoid becoming  
victims themselves.*

*This is still  
bullying.*



BLM757



# Is this bullying checklist:

1. Did you fact-check the rumors you passed along?
2. Did you punish or exclude someone more harshly for a mistake than you would have if it were a friend?
3. Did you restrict someone from participating or getting credit for their good work for any reason while looking the other way when others were guilty of the same?



# Is this bullying checklist:

4. Does the person have fewer friends or friends with less social influence in that specific situation?
5. Did you avoid the person, ignore them, or exclude them from access to activities because they are a target?
6. Did you cover for someone who was lying or exaggerating when they were confronted?
7. Is the person at a disadvantage because they are honest and transparent?

NeuroClastic