

# HIB RESOURCES

HIB stands for Harassment, Intimidation, & Bullying



If you are experiencing **immediate danger to you or someone else, CALL 911.**

If you are experiencing an **immediate crisis or are suicidal, CALL 988.**

## What is Bullying?

It's sometimes hard to know if something is considered "bullying."

1. the act or gesture must be **on purpose** or intentional
2. it is meant with the **intention to cause some sort of harm**, whether physical, emotional, mental, etc.
3. it's **motivated by a difference or characteristic about someone** - like their race, sexual orientation, gender, gender identity, religion, or disability.
4. bullying has the effect of insulting a student or group of students which could **create a hostile school environment** for everyone, but especially the target.

It doesn't have to have happened multiple times either - it can only happen once!

A **reasonable** person **should know** if something they do or say **could OR will cause harm**, - whether physical, emotional, etc. - **put someone in danger, or damage someone else's things.**

## What can I do to stop it?

Depending on your comfort level, there are many things you can do to prevent bullying.

**Be an "Upstander" not a bystander**

An upstander stands up to bullying and makes an effort to intervene when bullying occurs, either for themselves or someone else.

If you don't do anything, it sends a message to the bully that their behavior is acceptable and they will continue to do it. You definitely wouldn't want that to happen to you if you were being bullied!

### Strategies

- Don't laugh
- Don't encourage the bully in any way - they want you to react!!
- Don't participate
- Stay at a safe distance and help the target get away
- Don't become an "audience" for the bully
- Reach out in friendship
- Help the victim in any way you can
- Support the victim in private
- If you notice someone being isolated from others, invite them to join you - the buddy system!!
- Include the victim in some of your activities
- Tell an adult

<https://www.stompoutbullying.org/bullying-bystanders-become-upstanders>

**Types of Bullying:** verbal      physical      emotional      electronic

## How to Report & helpful websites/orgs.

Every public school in NJ chooses an Anti-Bullying Specialist at their school. Sometimes it is the principal and other times it is the school counselor. Either way, when you witness bullying happen, **report it immediately to an adult** at school. If not at school or after hours, tell an adult. If you want to remain anonymous, you can go to your school's website (on your own or with an adult) where there could be a link posted.

### Websites & Organizations

Anti-Bullying Rights Act:

<https://www.nj.gov/education/safety/sandp/hib/docs/ParentGuide.pdf>

Stomp Out Bullying: <https://www.stompoutbullying.org/>

Stop Bullying: <https://www.stopbullying.gov/>

**NJ Coalition for Bullying Awareness & Prevention**

**GLSEN**

**Garden State Equality**

## SUPPORT

You **MATTER!** No one deserves to feel bad because of who they are.

### What you **SHOULDN'T** do:

- Fight back or bully a person back
- Keep it to yourself and just hope the bullying will "go away." Make sure you report the bullying.
- Skip school or avoid school or after-school activities because you're afraid of the bully
- Be afraid to tell. Telling is **NOT** tattling! It's the right thing to do!
- Hurt yourself. Nothing is that hopeless that it can't be resolved. As painful as bullying is, **NOTHING** is ever that bad that you should hurt yourself in any way.

<https://www.stompoutbullying.org/how-to-deal-with-bullies>

For more information, please go to:

[www.nj.gov/education/safety/sandp/hib/](http://www.nj.gov/education/safety/sandp/hib/)