

# Kenton County School District Stop Bullying Behaviors Helpline 859-903-HELP

The Kenton County School District has a helpline to report unsafe conditions that impact students. Please report any unsafe concerns or conditions to an administrator, counselor, or teacher. You may also report any unsafe concern or condition by calling or texting 859-903-HELP.

## What is Bullying?

Bullying is a widespread and serious problem that can happen anywhere. It is not a phase children have to go through, it is not "just messing around", and it is not something to grow out of. Bullying can cause serious and lasting harm.

Although definitions of bullying vary, most agree that bullying involves:

- **Imbalance of Power:** people who bully use their power to control or harm and the people being bullied may have a hard time defending themselves
- **Intent to Cause Harm:** actions done by accident are not bullying; the person bullying has a goal to cause harm
- **Repetition:** incidents of bullying happen to the same the person over and over by the same person or group

## Types of Bullying

Bullying can take many forms. Examples include:

- **Verbal:** name-calling, teasing
- **Social:** spreading rumors, leaving people out on purpose, breaking up friendships
- **Physical:** hitting, punching, shoving
- **Cyberbullying:** using the Internet, mobile phones or other digital technologies to harm others

Learn more by clicking on this website named Stop Bullying .gov  
[http://www.stopbullying.gov/topics/what\\_is\\_bullying/index.html#](http://www.stopbullying.gov/topics/what_is_bullying/index.html#)

