

Bullying

Bullying often comes in one of four forms:

- **Verbal:** Includes name calling, teasing, and racial or ethnic slurs
- **Social:** Spreading rumors, leaving people out of activities, and turning on friends
- **Physical:** Includes hitting, punching, shoving, and other physical abuse
- **Cyberbullying:** Negative comments on social media, texting, and email.

Hurting people hurt people: Often times, people who bully others are acting out of some hurt they have experienced.

What to do About Bullying

- 1. Ask for help:** Speak with an authority figure such as a teacher or guidance counselor at school or a supervisor at work.
- 2. Don't Retaliate:** Do NOT seek revenge. Choose to forgive them while seeking to resolve the conflict and not avoid it.
- 3. Seek Advice:** It might be wise to sit down with a professional Christian counselor and/or trusted adult to talk through the effects of bullying.
- 4. Pray:** Ask God to help you and give you confidence in Him and “pray for those who persecute you” (Matthew 5:44).

Deuteronomy 31:6 says, “Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; He will never leave you nor forsake you.” God is always with you. You can turn to Him and trust Him with everything in your life.

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