

# 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.

## Additional Helpful Scriptures:

- Leviticus 19:18
- 1 John 3:15
- Psalms 37:8
- Romans 12:17
- Proverbs 15:1
- Matthew 5:11

## Community Resources:

- StopBullying.gov provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying. [stopbullying.gov/](http://stopbullying.gov/)
- Smalley Institute is an online resource of books, articles, audio and DVD media on the subject of marriage, dating and parenting.
- Focus on the Family is a global Christian ministry dedicated to helping families thrive. We provide help and resources for couples to build healthy marriages that reflect God's design, and for parents to raise their children according to morals and values grounded in biblical principles
- Cloud and Townsend is an online resource that offer books, articles, audio and DVD media resources on emotional struggles, marriage, spiritual life, relationships, parenting, boundaries as well as additional topics. [cloudtownsend.com/resources/question-answers/](http://cloudtownsend.com/resources/question-answers/)

## Support Groups

Freedom – Identify obstacles in your life and get out of ruts that keep you from changing.

Men/ Women – [gfconline.com/freedom](http://gfconline.com/freedom)

Anger Management for Men

Overcoming Emotions that Destroy