

FOR THE BULLIE(S)(D)



What bullying is,
what it does, and
what you can do

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So many people report having been bullied, but almost nobody reports ever having been a bully, but those numbers don't add up.

Is it possible that people just don't know that their behavior qualifies as bullying?

Maybe you've been a bully or are experiencing adult bullying and don't even know it. Take a look at these tactics, warning signs, and resources ...

RESOURCES

Crisis Text Line
Text HOME to 741741

Suicide Prevention
1-800-273-8255

Trans Lifeline
1-877-565-8860

TrevorLifeline
1-866-488-7386 (for
LGBTQ youth)

Crisis Lifeline Call 988
Text CONNECT to
741741 for 24/7 help

TACTICS

Social isolation + exclusion

*Using non-verbal
intimidation*

*Undermining
accomplishments*

*Holding the victim to a
different standard*

Making false accusations

Gaslighting

THE IMPACTS

*Bullying affects everyone
& often leads to isolation
which causes feelings of
loneliness, unworthiness,
fatigue, unlikability,
vulnerability, and often,
total hopelessness.*

*It can even (and often
does) lead to chronic
depression and suicide.*

*If you're feeling
depressed or hopeless due
to bullying, people want
to help ...*

TACTICS

*Spreading destructive
rumors*

Extreme surveillance

*Dismissing thoughts +
contributions*

*Weaponizing victims'
friendships*

Acting as ringleaders

*Undermining/switching
stories*

YOU MIGHT BE A BULLY IF YOU ...

*Try (and enjoy) turning
people against someone
Discredit someone in
front of others to*

*Thrive most around
insecure people*

*Leave people out of group
events on purpose*

*Tell someone not to
be friends w/ someone you
don't like*

YOU MIGHT BE GETTING BULLIED IF ...

*People stop talking or
lower their voices when
you enter the room.*

*Friends/colleagues/class-
mates stop talking to &
including you without
notice or explanation.*

*You're being blatantly
excluded*

*Your ideas are
consistently discounted
or brushed aside.*