# Utah Bullying Prevention

## Guidance for Elementary Students

*Fall 2026*

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# What is Bullying?

- P – Imbalance of Power and Strength
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- R – Repeated over time
- I – Intended to cause distress or harm

- No one is allowed to bully! This applies to both students and staff.
- If someone does something *extremely* mean or dangerous, it might still be bullying! Tell a teacher!



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# The Four Types of Bullying



**Verbal:** name-calling, threats



**Social:** spreading rumors, embarrassing someone



**Physical:** tripping, hitting, damaging property



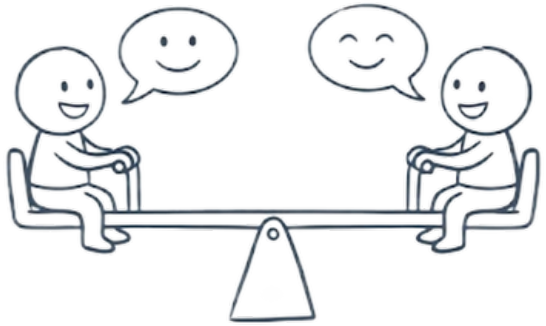
**Cyberbullying:** using electronic means

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# Is it a Conflict or is it Bullying?

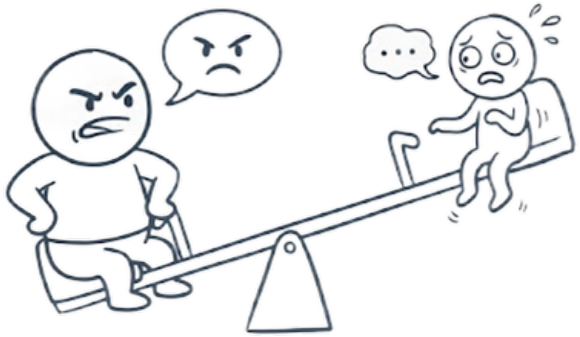
## Peer Conflict

- Both sides are equal
- Everyone can express their views
- Usually ends with an apology or compromise



## Bullying

- Unequal power
- One person is trying to hurt
- It doesn't stop even when someone gets hurt



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# Hazing




In addition to bullying, there are a few other rules that help keep everyone safe and happy:

## Hazing

- What it is: Making someone do something scary, hurtful, or embarrassing just so they can be on a team, join a club, or sit at the "cool" lunch table.
- You should never have to pass a dangerous "test" or do a dare to be someone's friend.

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# Retaliation

## Retaliation

- What it is: Being mean to someone because they told a teacher about a problem.
- Telling a grown-up when someone is hurt or scared is the right thing to do. It is never okay to punish someone for speaking up!




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# Abusive Conduct

## Abusive Conduct

- What it is: Yelling, saying mean words, or making angry gestures at teachers, principals, bus drivers, or lunch helpers.
- Our school helpers work hard to keep us safe. Students and parents must always treat school staff with respect.




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# Where Does Bullying Happen?

- Bullying usually happens when adults aren't looking.
- That's why we need YOU!

Did you know?

When kids step in to help, bullying stops within 10 seconds 57% of the time!



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# Become an Upstander!

Help by intervening or extending support to the person being bullied, either privately or in the moment.

An upstander has significant influence to make a positive difference!



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# How to Be an Upstander



5 easy ways to help a friend:



- Distract: Change the subject or start a new game.
- Team Up: Stand together with other friends.
- Walk Away: Help them walk to a safer spot.
- Be Kind: Invite them to play or sit with you later.
- Tell an Adult: Share what happened with a teacher right away.



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# Telling vs. Tattling

## Tattling

Goal: Trying to get someone IN trouble

Size: Small problem you can solve on your own

Harm: Nobody is hurt or scared

## Telling

Goal: Trying to get someone OUT of trouble

Size: Big problem where you need an adults help

Harm: Someone is hurt, scared, or unsafe




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# Protecting Our Differences

No one is allowed to exclude or treat you badly
because of:

- The color of your skin or your family's background.
- Whether you are a boy or a girl.
- If your brain or body works a little differently and you need extra help.
- What you and your family believe.

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# Online Safety Principles

- Never accept friend requests from strangers.
- The “mom” principle: Do not post something you wouldn’t want to share with a caregiver.
- The “forever” principle: Assume that everything you put online will be there forever.
- The “no privacy” principle: Assume that anyone can see it.






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# Being a Good Friend

- If a friend is ever extremely sad or talks about hurting themselves, a good friend never keeps it a secret; a good friend always tells a trusted adult immediately
- SafeUT can also be used to tell someone.




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# Keep Our School Safe!

School rules apply to everyone, even adults.

If you see something, say something! School staff are here to help!




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