

Myth or Truth?

For Middle and High School Students

For many years, bullying was thought to be a normal part of childhood and that those who were bullied just needed to toughen up and deal with it. Together, let's find out the reality behind some of these common misperceptions.

1. Bullying is the same as arguing.

Myth Truth

2. Bullying only happens in middle school.

Myth Truth

3. People bully through cell phones and while online.

Myth Truth

4. Words will never hurt you.

Myth Truth

5. Teens who are being bullied may not want to tell anyone, especially an adult.

Myth Truth

6. Some people deserve to be bullied.

Myth Truth

7. Telling a teacher about bullying is the same as tattling (or being a snitch).

Myth Truth

8. Bullying is just a normal part of growing up.

Myth Truth

9. Being bullied makes you tougher.

Myth

Truth

10. Bullying can be about wanting to feel in power and control.

Myth

Truth

11. If you ignore bullying, it will go away.

Myth

Truth

12. Students who are bullied should just learn to deal with it.

Myth

Truth

13. Cyberbullying can happen anonymously.

Myth

Truth

14. Cyberbullying is less harmful because it doesn't happen face-to-face.

Myth

Truth