

# What is Bullying?

**If you're at school,  
on a school bus,  
or at a school event**

**and**

**another student or  
group of students  
repeatedly**

**makes fun of you,  
threatens you, or  
embarrasses you  
on purpose,**

**that's bullying.**

# Where can I get help?

If you're at school, on a school bus, or at a school event, and another student or group of students repeatedly makes fun of you, threatens you, or embarrasses you on purpose, that's bullying.

**If you have questions about your legal rights,  
call CCA's Teen Legal Advocacy Clinic at  
(860)570-5327 or (203)223-8975.**



**Center for Children's Advocacy**  
65 Elizabeth Street, Hartford, CT 06105  
[www.kidscounsel.org](http://www.kidscounsel.org)

*beef  
drama  
static  
bully*

What are my rights?

Here are some things that can count as bullying if another student does them to you more than once:

- Name-calling
- Insults directed at you, your family, your friends, or someone you care about
- Sexual harassment or harassment based on race, national origin, religion, sexual orientation, or disability
- Pranks or jokes that embarrass you in front of other people
- Threatening to beat you up
- Asking you to fight

These things count as bullying whether they happen in person, online, or in a text message.



What can I do about it if someone is bullying me?

Bullying can make it hard for students to go to school and learn. Your school is required by law to deal with bullying. Teachers must submit a written report whenever they see bullying, and the school is required to invite parents or guardians of the students involved to at least one meeting. There are also things you can do:

- You can report it to a teacher or administrator **anonymously**, and the school is required to investigate your report. The school can't let anyone know that you are the one who complained.
- You can ask the school to give you or your parent/guardian a copy of their policy on bullying. This will help you know what they should be doing to protect you.
- Your parent/guardian can file a written report with the school, and the school has to investigate.

If I get in a fight, is that considered bullying?

Not always. Connecticut law says that it has to happen to you more than once. A single fight isn't always bullying.

Do I have to report it if someone is bullying me?

No. The law makes it easier for you to report bullying and requires teachers and school administrators to prevent it, but it doesn't require you to report it if you don't want to.

Can I go to another school if someone at my school is threatening me?

Maybe. Most schools have a system set up so that students who don't feel safe can transfer to other schools. You can speak to a teacher, guidance counselor, school administrator, or lawyer about what to do if you don't feel safe at school. Federal law says that if you were the victim of a violent crime committed by another student, you were physically injured, and it was reported to police, in most cases you can transfer to another school.

Is bullying a crime?

Some things that count as bullying, like physical attacks and threats, are also crimes.

Can a student who is accused of bullying be suspended or expelled?

Yes, but this won't happen every time. Schools can use many different options, including suspension and expulsion in certain cases, to make sure that bullying doesn't happen.