

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.

If you are being bullied and want to talk to someone, we are available and would love to help you. Please contact the church office (904.261.8310) or email us at hope@thejourneyfamily.com.

