



## MAY INCLUDE ANY OF THE FOLLOWING BEHAVIORS

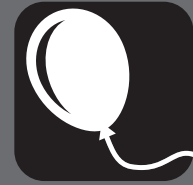
Name-Calling	Hitting
Making Threats	Touching
Spreading Rumors	Pranks and Hazing
Telling Demeaning Jokes	Vandalism
Making Fun of Someone	Unwanted Pursuit of a Relationship
Making Obscene or Provocative Gestures	Cyberbullying
Physical Intimidation	Harassing Text Messages or Calls

## DIRECTED TOWARD AN INDIVIDUAL BECAUSE OF

Gender	Pregnancy
Race	Marital Status
Religion	Sexual Orientation
Age	Physical Traits
National Origin	Individual Characteristics
Ancestry	Physical or Mental Disability
Creed	Emotional or Learning Disability

## WHICH CREATES A HOSTILE ENVIRONMENT

The behavior is so severe or persistent that it interferes with an individual's performance or creates an intimidating, hostile, or offensive environment.



Stress is one of the main effects of bullying...

1. With your black marker, quickly draw a large silhouette of a person on your paper.
2. With your blue marker, draw and label all parts of the human body that can be affected by bullying or stress. Then list the health risks next to each body part. (Example: Draw a heart and next to the heart write, "Heartbeat gets faster.")
3. Draw and list as many other risk factors for bullying and stress you can think of on the silhouette by using words or graphics.
4. The group who identifies the most items on the paper wins! Hurry... you only have a few minutes. If there are duplicate answers within your group, neither will count.

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## Effects of Bullying on Our Bodies

Over 3.2 million young people are being bullied each year. It is estimated that 20 percent of high school students are being bullied at any given time. That's one in five being hit, shoved, taunted, or intimidated.<sup>1</sup>

Someone who has been the victim of bullying or abuse is more likely to act out in unhealthy ways. Some include the following:

- Self-abuse and unexplainable injuries.
- Talking about suicide and risky behaviors.
- Loss of appetite or change in eating patterns.
- Frequent illness including headaches, stomachaches, or faking sickness.
- Decreased academic achievement or lack of motivation to go to school.
- Depression and anxiety.
- Feelings of being alone and wanting to isolate from social situations or decreased self-esteem.
- Difficulty sleeping.

If you or someone you know is the target of any type of abuse, break the silence. Tell someone, anyone!





## Symptoms of Stress

### **Behavioral Symptoms**

Isolating yourself from others  
Eating more or less  
Using alcohol, cigarettes, or drugs to relax  
Sleeping too little or too much  
Procrastinating  
Disregarding responsibilities  
Nervous habits

### **Cognitive Symptoms**

Memory problems  
Poor judgment  
Anxious thoughts  
Inability to concentrate  
Constant worrying  
Seeing only the negative  
Racing thoughts  
Forgetful or disorganized

### **Emotional Symptoms**

Moodiness  
Feeling overwhelmed  
Sense of loneliness and avoiding others  
Irritability or short temper  
Easily agitated  
Inability to relax  
Depression or general unhappiness  
Low self-esteem

### **Physical Symptoms**

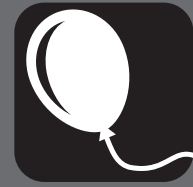
Aches, pains, or muscle tension  
Low energy  
Nausea or dizziness  
Chest pain or rapid heartbeat  
Headaches  
Diarrhea or constipation  
Frequent colds  
Insomnia



## Common Signs of Stress

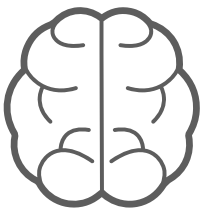
The following are common warning signs of stress. The more signs you notice in yourself, the closer you may be to stress overload.

- Frequent headaches
- Clenching jaw
- Grinding teeth
- Stuttering
- Constipation or diarrhea
- Difficulty breathing
- Little interest in appearance
- Nervous habits
- Increased frustration
- Overreaction to trivial annoyances
- Increased number of minor accidents
- Obsessive or compulsive behavior
- Reduced work efficiency
- Lies or excuses to cover up poor work
- Rapid or mumbled speech
- Excessive defensiveness or suspiciousness
- Problems in communication
- Social withdrawal
- Constant tiredness
- Sudden attacks of life-threatening panic
- Chest pain
- Frequent urination




**Possible Effects of Stress on the Human Body**

**BRAIN**



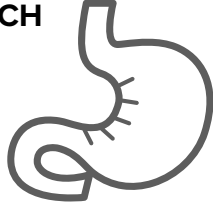
Increased risk of slower processing, headaches, tremors, or nervous tics

**MUSCLES**




Increased risk of aches, pains, tension, inflammation, or lack of flexibility

**STOMACH**



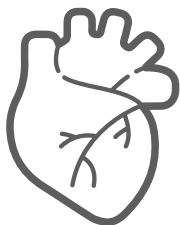
Increased risk of stomach cramping, nausea, weight fluctuation, or could lead to diabetes

**SKIN**



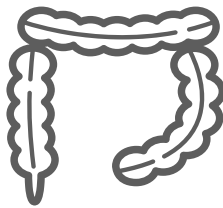
Increased risk of acne, eczema, dryness, or other skin rashes

**HEART**



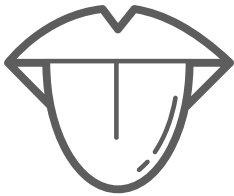
Increased risk of hypertension, chest pains, heart attack, or high cholesterol

**BOWELS**



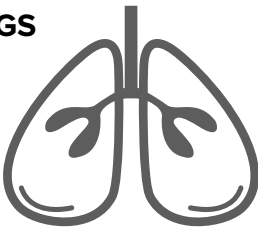
Increased risk of digestive issues like abdominal pain, diarrhea, or constipation

**MOUTH/SALIVA**



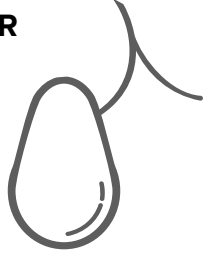
Increased risk of dryness of mouth, lump in throat, or mouth ulcers

**LUNGS**

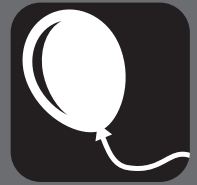


Increased risk of coughs, asthma, or strained breathing

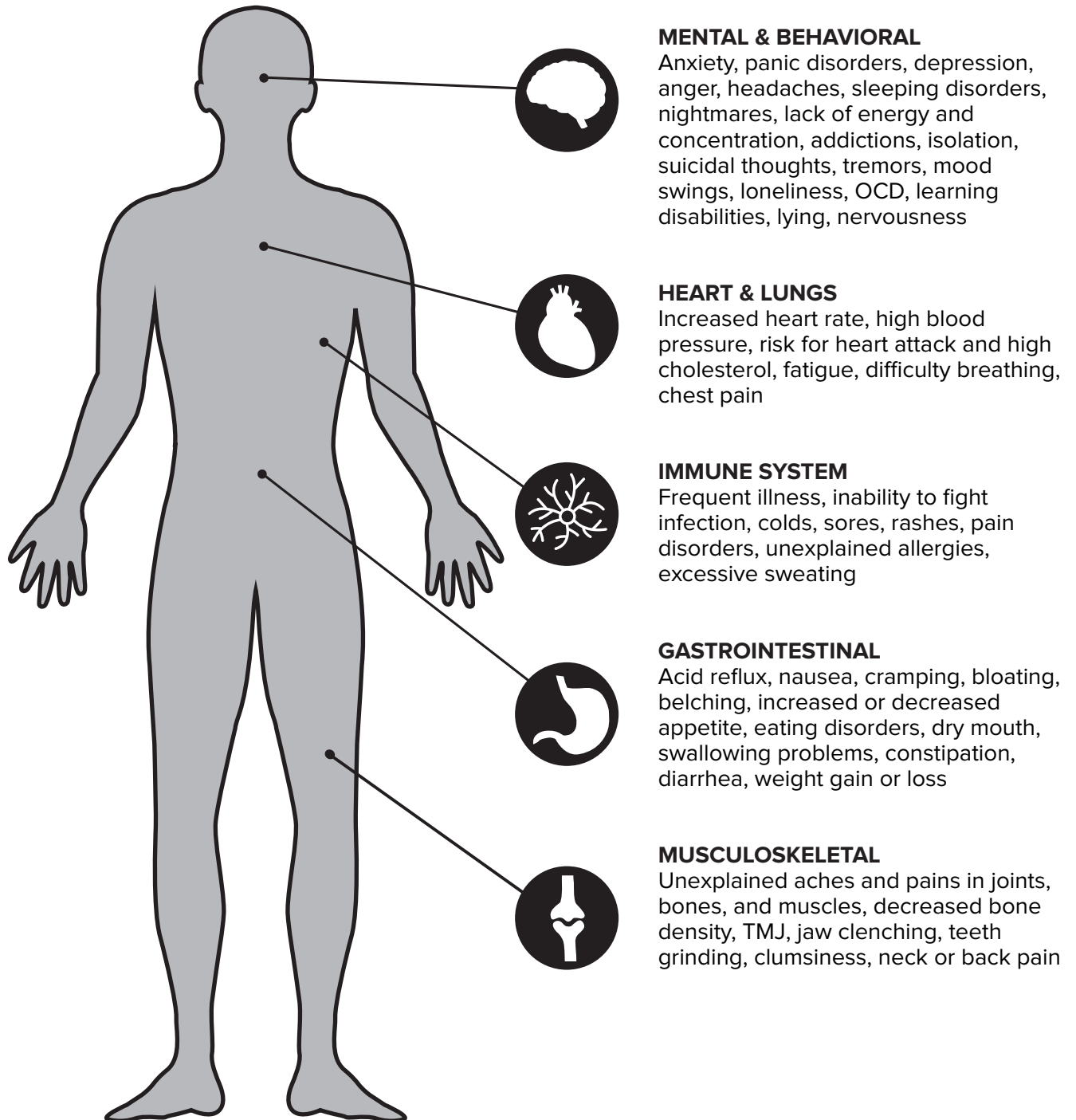
**BLADDER**



Increased risk of frequent urination, or prostatic symptoms

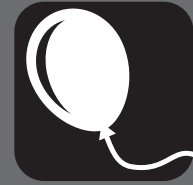


## How Stress Affects Human Body Systems



For more information about Dignity Revolution, visit [DignityPledge.com](http://DignityPledge.com).

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Name: \_\_\_\_\_

Use each letter of the alphabet to create a word or phrase that is associated with the impact that stress from a bullying or harassment event might have on a person's overall health and wellness.

- A \_\_\_\_\_
- B \_\_\_\_\_
- C \_\_\_\_\_
- D \_\_\_\_\_
- E \_\_\_\_\_
- F \_\_\_\_\_
- G \_\_\_\_\_
- H \_\_\_\_\_
- I \_\_\_\_\_
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- V \_\_\_\_\_
- W \_\_\_\_\_
- X \_\_\_\_\_
- Y \_\_\_\_\_
- Z \_\_\_\_\_

**STRESS**