How can you get help if you or another UT student is being bullied?

When a bullying report is received, UT:

• takes the report seriously
• fully investigates
• maintains anonymity
• works toward an optimal outcome
• makes counseling services available.

For more information on what UT is doing to handle bullying, contact the co-chairs of the Anti-Bullying Task Force:

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Get more information about UT’s Anti-Bullying Task Force at www.utoledo.edu/tlc/bully
HAVE YOU EVER...

• been repeatedly threatened through text message or IM?
• had someone ridicule your status on facebook with others joining in?
• had others on facebook make negative comments about your pictures or posts?
• been subjected to persistent name-calling?

The Anti-Bullying Task Force is helping create a safe environment by raising the level of awareness about the danger of bullying on college campuses.

The Task Force works to stop bullying through several avenues, including periodic campus communications, presentations and a dedicated web site that includes a web reporting tool to allow a person to anonymously report a bullying incident.

The Anti-Bullying Task Force is one piece of the University of Toledo’s TLC—Troubleshooting Life’s Challenges initiative. The task force serves as an important partner in creating an environment celebrating diversity and promoting dignity, respect, health and success.

UT takes bullying seriously. Being bullied can have serious short- and long-term consequences, such as low self-esteem, anxiety, depression or increased hostility.

How do you know if you’re being bullied?
Bullying is persistent, hostile behavior that is done for the sole purpose of intentionally harming another individual or group of individuals.

In fact, experts agree that there are 4 types of bullying behaviors:

- Physical bullying is threatening or causing bodily harm to another individual.
- Verbal bullying involves teasing and name-calling.
- Relational bullying includes spreading lies or starting rumors about another individual. Also includes ostracism.
- Cyber bullying is the use of electronic means to inflict emotional harm. Cyberbullying can be perpetrated through text messages, e-mails and social networking sites, such as facebook or formspring.

Being bullied can have serious short- and long-term consequences, such as low self-esteem, anxiety, depression or increased hostility.