

Let's Talk About... Gender Based Bullying

Did you know saying things like...



...is bullying?

What is gender based bullying?

Bullying is the act of intentionally inflicting injury or discomfort upon another person (through physical contact, through words or in other ways) repeatedly and over time for the purpose of intimidation and/or control.

Let's unpack that!

What it means when someone says something like "That's so gay!"

- That's so stupid.
- That's weak.
- That's so annoying.

Saying something is **GAY** in a negative way connects that negativity to the LGBT community. Although that's not our intention, the words we use influence our peers and even our whole culture. Our words carry a lot of power!

Putting people down, even as a joke, is bullying. When we use words to put down a whole group of people, even if it is not intentional -- that is bullying.



Think about how you would feel if a common slur had something to do with you. Imagine how you would feel if this happened to you. Can you think of an example?

Take action!

Here are some things you can do if you hear or see people making fun of others using gender or sexual orientation as the focus.



- **Say something** – Be clear that you do not think it is ok to say things like that.
- **Practice** intervening when you hear bullying.
- **Use neutral language.**
 - What can you say instead of “that’s so gay?”
 - How can you correct your friends if they say things like that?
- **Check in** with people who might be affected.
 - Ask someone how they are or ask what you can do to help.