

TEN TIPS FOR DEALING WITH BULLIES

1. **You don't deserve to be bullied!**

When you are bullied, you might feel sad, scared, lonely, embarrassed or angry. But being bullied is not your fault! Bullies just enjoy doing and saying mean things. If you aren't around, a bully will just find another kid to pick on.

2. **Don't take a bully's words to heart**

Bullies don't have smart opinions about people! Who cares what they think!

When you think about what a bully said about you imagine throwing those words into a garbage can. Remember the things about yourself that make you proud: "I'm great at drawing!" or "I'm smart."

3. **Tell a trusted adult**

Don't try to deal with bullying alone, especially if it happens more than once. Tell a trusted adult what is happening. They can help you find ways to change the situation. This is really important if you think someone might hurt you physically, or if you are feeling really bad about yourself. Take a moment now to think of who you can tell. If the adult does not help you right away, ask again politely, or ask someone else. Don't be shy. You can start by saying, "Excuse me. Could you please help me? I'm being bullied and I really need some help."

4. **Walk tall and hold your head high**

Bullies like to see that they are getting to you. So stay as calm and cool as you can around the bully. Hide your anger. Pretend that you don't care what the bully is doing or saying. Practice staying calm and walking tall.

5. **Calmly stick up for yourself!**

Stand up tall with your hands up like you are saying "NO!" Look the bully straight in the eye and firmly say "STOP IT!" Practice saying this with a calm and clear voice. This will not work well if you whine or sound scared or angry. So it's good to practice this.

6. **Walk away and keep your distance**

The easiest way to protect yourself is to stay as far away from a bully as you can. Walk calmly away. Change your seat. Change your route through the school corridors to stay far away from a bully.

7. **Use the buddy system**

Team up with a buddy. Hang out together so you are not alone with a bully at recess, in the cafeteria or walking to and from school.

8. **If someone wants something of yours don't bring it to school**

If a bully wants your lunch money, bring a sandwich instead of money. If a bully wants your music player, leave it at home.

9. **Talk about it**

Don't keep all your feelings inside. It can help to talk to your School Counselor or Teacher. If you're not comfortable speaking to someone at school, talk to your parent or good friend, any one that can give you the support you need. Talking can be a good outlet for the fears and frustrations that can build when you're being bullied.

10. **Violence is not a solution**

Violence or fighting is never the solution to solving a problem. Using violence puts everyone in danger, including you, the victim. If you are thinking about hurting someone remember how you felt about being bullied or abused. Don't become a bully yourself.