

Tips for Students

Dealing with Bullies

What is bullying?

Bullying is another name for harassment. It can be physical or verbal. Texting, e-mail, and facebook can also be a place where bullying occurs.

Examples:

- someone threatening you
- someone hitting you
- someone teasing you
- someone talking about others in a negative and hurtful way

Why do people bully?

- to feel popular
- because they are insecure about themselves
- to make themselves look tough
- to show off
- because they've been bullied themselves
- intimidation is how they were taught to solve their problems

What can be done to stop bullying?

- **Tell a friend:** It is tougher to pick on someone when they have a friend there for support.
- **Walk away:** It's hard to bully someone who isn't there.
- **Chill out:** Bullies seem to like it when they get a response from the person being bullied. Try to practice in a mirror what your "non reaction" face would look like. It's less fun to bully someone who doesn't fight back, blow up or get upset.
- **Remove yourself from the situation:** Take a different route home or to class. The less you are in contact with the bully the better and more likely nothing will occur.
- **Write it down:** Keep track of each incident. Write down the dates, times, places and exactly what the bully says. This will serve as evidence when you report your experiences to an adult.
- **Use "I" statements:** Say, I do not like it when you, *state specifically what they are doing that you don't like*, it makes me feel, *state whatever feeling you are feeling*, please stop! Make sure you say these statements with a firm voice and maintain eye contact.
- **Tell an adult:** If after trying some of these things the bullying continues, it is time to tell an adult. You may want to start by letting your parents know and then letting your teachers or an administrator know if it's happening at school. Letting an adult know about what is happening is

****NOT tattling. You deserve to be safe from attacks!**

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