

A KID'S GUIDE TO DEALING WITH BULLIES

Bullying

Can happen anywhere and usually the bully is trying to make the person they are bullying feel powerless

Meant to be hurtful-either physically or verbally.

Causes distress and fear.

Repeated.

V
S

Teasing

Happens between friends-sometimes during arguments or fights.

Usually playful-not meant to hurt.

Between equals-not ganging up on one person.

Stops if you ask them to.

What to do if you are being bullied...

Step 1

Tell a trusted friend or adult.

They can help you figure out ways to deal with a bully.

It can be helpful to role play before you try a strategy on a bully.

Step 2

Tell the bully to stop.

In a calm, unemotional voice say "Stop doing that. That's not friendly".

Be as calm as possible. Bullies are trying to make other people fear them. If they think that you are scared, they may keep bothering you.

Step 3

Walk away.

Don't run or show the bully that you are afraid.

IF THE BULLY IS HURTING YOU, get away as soon as possible and find adult help.



Don't feel ashamed or embarrassed.

Being bullied is NOT your fault.

Tell other people about it. They can help you.

You are not alone!

28%

of students in grades 6-12 report being bullied



71%

of students report witnessing someone being bullied



Things that you can do to help prevent bullying



Stand up

If you see another kid being bullied and you think it would be safe, tell the bully to "Stop!".

If it is not safe for you to help, get an adult immediately!



Talk to other kids

Kids care about what other kids think.

If you and your friends agree that bullying is not okay, that message will get through to other kids



Include others

Make sure that there isn't one particular kid who always gets left out of games or activities.

Invite others to join in if they look lonely or sad.



Talk to adults

If you know that bullying is happening and you and other kids have not been able to help or someone could be hurt, tell your parents, teachers, or other adults.



Sources:
Reach Out Australia. Bullying vs Teasing.
<https://au.reachout.com/articles/bullying-vs-teasing>

American SPCC. Bullying Statistics and Information.
<http://americanspcc.org/bullying/statistics-and-information>