

Do This - Don't Do That

What can you do?

1. Stay in a group?

- It's easier for a bullying kid to pick on one who is alone.
- Spend more time with others such as teams, clubs and group activities.

2. Tell adult that you trust?

- This may be hard to do but an adult can help.
- Tell them how often or how long it has been going on.

3. If you feel safe, stand up to the bullying person?

- Do not fight or bully back. Use your words. "Cut it out, Sam," then walk away.
- Don't let them see you angry. Walk away. Tell an adult.

4. Cyber-Bullying?

- Do not reply. Tell an adult or family member.
- Block messages from this person.
- Save the bullying email or message - or print it out.



What not to do?

5. Fight back or bully back?

- Take the high road.
- Bullying back might get you in trouble and probably will not help.

6. Stay home from school?

- Avoiding places where the bullying person will be, probably will not stop the bullying.
- Besides, you have the right to be there.

7. Blame yourself?

- It is not your fault.
- You do not deserve to be bullied.

8. Keep silent?

- Not talking about it will not make it go away.
- A person who bullies will not usually stop if you ignore it or keep it a secret.

The Truth About Bullying *Scenarios*

1. I told something untrue about someone I did not like.
2. I lost my temper and yelled mean things to someone.
3. I teased someone in a mean way about the way they looked or dressed.
4. I made fun of someone on the team that could not play the game very well.
5. I ignored someone who wanted to sit at our lunch table or play on our team.
6. I pushed or shoved someone when the teacher was not looking.
7. I saw someone bullying someone else and ignored it.
8. I belong to a group that sometimes bullies kids who are different.
9. I sent a mean text-message to someone.
10. I have a group, who is like a family, that will protect me if I am bullied.