

# You Can Stop Bullying!



## Bullying:

Online or offline, bullying is:

- gossip
- spreading rumors
- excluding someone
- refusing to talk to someone
- name calling
- insults
- social manipulation
- threats
- hitting
- pushing
- shoving
- always choosing the same person last for a team/group project
- offensive gestures
- stealing or hiding things
- damaging belongings

## Bullies:

- ⇒ Like to be in control
- ⇒ Like to push your buttons
- ⇒ Like the attention
- ⇒ May feel angry
- ⇒ May feel jealous
- ⇒ May have been bullied by someone else

If you know that  
someone is being bullied...

**don't join in**



## Here are ideas for you to try if you are being bullied:

- Stay calm and try to ignore what the bully is saying or doing—don't let the bully know you are feeling angry, upset or embarrassed.
- If you can, avoid situations that may be difficult.
- Walk away.
- Find allies and ask them for support.
- Try using humor with the bully. You may need to practice but humor can help stop the bullying.
- If you feel comfortable, calmly talk to the bully and let the bully know how you feel.
- Try something unexpected but kind.
- Always talk with an adult you trust for help and support.

**nova**

Network of Victim Assistance

1-800-675-6900

[www.novabucks.org](http://www.novabucks.org)



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