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

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.

If you know that someone is being bullied...
don't join in