

Strategies for Dealing With Bullying

What can you do if you are being bullied?

- In a strong voice, tell the person to stop.
- Stand tall, be brave, and walk away.
- Protect yourself if necessary.
- Find a safe place in a teacher’s classroom, the school office, the library, a friend’s house, or a public building like a restaurant or store.
- Notify a trustworthy adult right away.
- Tell your parent and teacher.
- Tell friends and ask them to walk to and from school with you or ride the bus with you.
- Stay close and connected with individuals or groups that you trust.
- Make new friends by exploring your interests and joining activities such as sports, drama, chess, choir, or art.
- Participate in any activities that make you feel strong and confident.
- Avoid the person who has bullied you.
- Talk to a trusted adult, maybe the school counselor, and share your emotions about the experience. Don’t keep your feelings inside or isolate yourself.
- Remember that it is not your fault and don’t blame yourself in any way. You deserve to be treated with respect.

What can you do if someone else is being bullied and you witness it?

- If you feel safe enough, tell the person to stop.
- If you are with a group of friends and if you feel safe enough, encourage your friends to take a stand together.
- If you don’t feel safe to speak up or take a stand against the person who is bullying, walk away and tell an adult immediately.
- If a student’s safety is seriously threatened, call the police at 911. (Some states have a different emergency number for cell phones).
- Don’t watch someone being bullied because this provides an audience and encouragement for the person who is bullying.
- Support the person being bullied by encouraging him or her to tell an adult or go with the person to report it.
- Tell a teacher or school counselor and a parent about the bullying that you viewed or heard about from a friend.
- Talk to an adult you trust so you can share your own emotions and discuss what you viewed and experienced and what you can do to address the situation.