

What You Can Do If You are Being Bullied

Tip # 1: How to respond as bullying is happening

- **Walk away.** Bullies want to know they have control over your emotions so don't react with anger or retaliate with physical force. If you walk away, ignore them, or calmly and assertively tell them you're not interested in what they have to say, you're demonstrating that they don't have control over you.
- **Protect yourself.** If you can't walk away and are being physically hurt, protect yourself so you can get away. Your safety is the first priority.
- **Report the bullying to a trusted adult.** If you don't report threats and assaults, a bully can often become more and more aggressive. It's scary to report and no one wants to be seen as a snitch or tattletale, but you have a right to be safe at school. Adults can look for ways to help with the problem without letting the bully know it was you who reported them.
- **Repeat as necessary.** Report each and every bullying incident until it stops. There is no reason for you to ever put up with bullying.

Tip # 2: How to deal with a cyber-bully

- **Do not respond to cyber-bullying messages.** The bully wants to feel in control of your emotions, so the best response is no response.
- **Document cyber-bullying.** Save and print out emails, text messages or screenshots.
- **Block the cyber-bully** on your phone, IM list, websites or social media pages. Report inappropriate messages to an adult, the internet service provider or website moderator; and report threats to the police.

Tip #3: Avoid isolation

Having trusted people you can turn to for encouragement and support will boost your resilience when being bullied. Reach out to connect with family and real friends (those who don't participate in bullying) or explore ways of making new friends. There are plenty of people who will appreciate you for who you are.

- **Share your feelings.** Talk to a parent, counselor, coach, religious leader or trusted friend. Expressing what you're going through can make a huge difference to the way you feel, even if it doesn't change the situation.
- **Don't beat yourself up.** Don't make a bullying incident worse by dwelling on it or replaying it over and over in your head. Instead, focus on positive experiences you've had.

Adapted and used by permission from Healthguide.org/mental/bullying.htm