

NO MORE! ENDING 'BULLYING' AT SCHOOL!

THINK SAFETY FIRST:

Don't Go To Places Where Bullies Hang Out

- *Stay with your friends, bullies are less likely to bother you when you are with others.
- *Move closer to a teacher so the teacher can intervene if necessary.

Look For Sign That A Bully Is Becoming Violent

- *Watch for an angry facial expression and aggressive body language
- *Notice when verbal bullying becomes threatening and violent in nature.

Immediately Walk Toward a Friend and/or Adult & Get Help

- *You are alone. *The bully has a weapon. *The bully is using drugs or alcohol.

Know Where To Go For Help

- *Grow as a person; read information on trusted websites and books about self-esteem, building positive relationships, self-control and anger management.
- *Identify adults that you can trust. Adults really do care.
- *Don't be embarrassed to ask for help; everyone needs help at times.
- *Learn from your own mistakes.
- *Know the difference between tattling & telling. Tattling is trying to get someone in trouble; telling is trying to get help.

PICK THE TOOLS THAT MAY WORK FOR YOU AT SCHOOL:

1. Ignore the bully. It may be best to ignore the bully if:
 - *You don't know the bully. *The bullying is occurring for the first time.
2. Agree with the possible truth. For example, say, *"I know."* *"You're right about that."*
3. Disagree with the bully. Say, *"No, I'm not."* *"That isn't right."*
4. Give a neutral response. Say, *"So."* *"Whatever."* *"And your point is?"*
5. Ask for what you want in a firm, calm voice. Say,
"I don't like what you are saying to me." *"I'm asking you to stop doing that."*
"What you are doing is mean, please quit."
6. Keep repeating yourself. Say, *"I want you to stop. I want you to stop. I want you to stop."*
7. Confuse the bully by turning the insult into a compliment. Say,
"Why thank you. What a kind thing to say."
8. Use humor. Say,
"Excellent insult! May I use that one?" *"Wow, how long did it take you to think of that?"*
"Good one." Make a funny face and say, *"What do I look like now?"*
NOTE: Remarks that are degrading (i.e. racism or sexism)
are never laughing matters.
9. Respond to an insult with something totally confusing. Say,
"Oh, go eat ice cream." *"I'm not your egg plant."*

10. Ask the bully questions. Say,
 "Why did you say that?" "Is there a reason you want to hurt my feelings?"
 "When did you learn that? What are some other things you know?"
 "Why would you want to tell me that I am _____?"
 "Do you think I don't know I'm _____?"
 "Does it make you feel good to make me feel bad?"
11. Avoid spreading rumors or gossip.
12. Look beyond the insult and show an interest in the bully. Say,
 "You must really be angry with me. Have I hurt your feelings?"
 "I don't blame you for being upset, your team played really well.
 It's hard to lose when you played so hard."
 "I'm sorry. It is upsetting when someone bumps into you."
 "Something terrible must have happened to make you act so mean."
13. Give the bully a compliment. Say,
 "I am sorry you feel that way because I think you are really a nice person."
 "You say awful things but deep down I think you have a good heart."
14. Try to understand the bully's perspective. Empathize with them.
15. If necessary, forgive and/or make genuine apologetic efforts.
16. Show gratitude. Do random acts of kindness.
17. Think about positive qualities and character traits I have. No one deserves to be teased or bullied.
18. Say to yourself: "Even though I don't like teasing, I can handle it."
19. Remember – sometimes it's not what you say, but *how* you say it.
20. Saying, "*No offense, but...*" is usually automatically offending.
21. Learn how to resolve and work out conflicts. 'Fight fair!'
22. Learn to recognize and deal with all of your feelings including anger.

*"Teasing makes me feel so sad.
Watching teasing makes me mad.
Teasing just is not right
So stand against it with all your might"*
--from a poem by a third-grade student

Bullies want you to be upset. Don't push back. Don't give them what they want!

*Adapted in part from Ms. Esther Williams, "The Bully, The Bullied and Beyond" www.positivepaths.com

Crisis Connection

**24 - Hour Hotline
1-800-245-4580**