**DO YOU TARGET OTHERS?**

Here are some things to try and some things to remember if you harass others and you’re ready to stop

**SOME THINGS TO TRY**

- Talk to someone you trust, like your parents, a friend, a teacher, a counselor, or coach. They can offer support and help you find ways of getting along with others better.
- Put yourself in other teens’ shoes...think about what it must feel like to be picked on, put down or left out...Would you want to be treated that way?
- Make an excuse and walk away from situations where you might bully.
- Resist peer pressure to bully...do what’s right.
- Find ways to use your power and influence in a positive rather than a negative way.
- Avoid situations where you’ve bullied others in the past.
- Apologize to the people you’ve hurt...even if it means sending an anonymous note.
- Hang out with friends who will help keep you in check.

**SOME THINGS TO REMEMBER**

- Take responsibility for what you’ve done and the students you may have hurt.
- Remember that everyone is unique and different...different doesn’t mean worse or better than you.
- Know that just because others watch and laugh, it doesn’t mean they like it when you target others.
- Avoid using stereotypes and labels. See people as individuals, not as sexist, racist, and other stereotypes.
- It’s okay to ask for help.
- You don’t have to do this own your own...it’s hard to change.

*Life’s most persistent and urgent question is, ‘What are you doing for others?’*  
- Martin Luther King, Jr.

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