

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 on 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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