What you can do if you are being bullied...

☑ If it’s hard to stand up for yourself, ignore the bullying and walk away...then tell someone who can help

☑ Talk to someone who can help:
  - an older student, your friends, classroom teacher, guidance counselor, school principal, sports coach, parents, or any adult you trust

  *It really does work when you talk to someone and get help. You may have to tell more than one person...Don’t Give Up!*

☑ If you’re scared to talk to an adult on your own, ask a friend to go with you

☑ Go to areas where you feel safe

☑ Stay close to students you can count on to stick up for you

☑ Look confident and tell the child who bullies to back off...bullying is NOT cool!

☑ Stay calm...try not to show that you are upset when being bullied

☑ Get funny...humour shows you’re not bothered

☑ Be assertive, not aggressive...fighting back often makes the bullying worse

☑ No one deserves to be bullied

☑ **YOU** help to make your school a better place by seeking help to stop bullying

☑ If these tips work for you, pass them on to others

---

For more tips and info, visit www.prevnet.ca

© Promoting Relationships and Eliminating Violence Network, 2007