What you can do if you bully and are ready to stop...

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

  They can help you find ways to get along with other children.

☑ Ask a friend to help you stop if you start to bully others
☑ Set goals each day to make it easier not to bully - keep your cool (e.g., Today I’ll help others rather than hurt them)
☑ Understand that you may not like everyone around you, but you do have to treat them with respect.
☑ Appreciate kids’ differences… different doesn’t mean worse or better than you
☑ Put yourself in other kids’ shoes. Would you want to be picked on, put down, or left out?
☑ Apologize to the kids you have bullied
☑ Resist peer pressure to bully…do what’s right
☑ Know that if other kids watch and laugh, it doesn’t mean they like it when you bully
☑ Be a real leader….real leaders treat others with respect
☑ YOU help to make your school a better place by being a positive leader and not someone who bullies
☑ If these tips work for you, pass them on to others

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

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