

*I bully other kids.
How can I stop?*



Here's a list of 10 things you can do if you bully and are ready to stop

1. Talk to an adult who can help, like a teacher or a parent. They can help you get along with others.
2. Ask a friend to help you stop if you start to bully other kids.
3. Set goals each day to make it easier not to bully, like "Today I'll help other kids and not hurt them".
4. If you start to bully, walk away and find something else to do
5. Remember that you don't have to like everyone around you, but you do have to treat them with respect
6. Remember that everyone is different. Different doesn't mean worse or better than you.
7. Think about what it feels like to be bullied....would you want to be treated that way?
8. Say sorry to the kids you have bullied.
9. Know that if other kids watch and laugh, it doesn't mean they like it when you bully.
10. Think before you speak...are your words going to help or hurt another student?

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