DO YOU FEEL TARGETED?

Here are some things to try and some things to remember if you’re being harassed and want it 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 develop a plan to end the harassment.
- Think about how your behaviour may be making the problem bigger or smaller.
- Ignore the bullying and walk away... make them think you just don’t care.
- Laugh it off... humour shows you’re not bothered.

SOME THINGS TO REMEMBER

- You’re not alone... lots of teens struggle with bullying and harassment.
- Do what’s right... carrying a weapon might get you in trouble.
- Keep your cool and walk away, even though you might be upset.
- Share your feelings with people you trust... you don’t have to struggle alone.
- It’s not your fault... no one deserves to be bullied.
- Be assertive, not aggressive... fighting back can make things worse.
- It’s okay to ask for help... you don’t have to solve this problem on your own.

When the power of love overcomes the love of power the world will know peace.
- Jimi Hendrix

For more tips and info visit www.prevnet.ca

© Promoting Relationships and Eliminating Violence Network, 2007