

HOW TO STAND UP TO BULLIES?

STAY CALM.

BULLIES ARE LOOKING FOR A REACTION FROM YOU. DON'T GIVE THEM ONE. NEVER FIGHT BACK PHYSICALLY, AND USE CALM WORDS SUCH AS "IT'S NOT OKAY TO TREAT ME THIS WAY!"

WALK AWAY. DON'T BOTHER TRYING TO HAVE A CONVERSATION WITH A BULLY. ONCE YOU'VE LET THEM KNOW THEIR BEHAVIOR IS NOT OKAY, WALK AWAY.



YOU'RE NOT ALONE.

BULLYING BEHAVIOR AFFECTS EVERYONE. TRY TO PAY ATTENTION TO WHICH OTHER STUDENTS MAY WITNESS THE BULLYING, AND TALK TO THEM ABOUT HOW THEY FEEL. TELL AN ADULT.

YOU'RE NOT TATTLING WHEN TELL AN ADULT ABOUT BEING BULLIED. YOU'RE PROTECTING YOURSELF AND OTHER KIDS, TOO.

