



*Safe Communities ~
Safe Schools*

FACT SHEET

FS-SC10

2001

Bullying Prevention: Recommendations for Kids

How to Deal with a Bully

Bullies like to feel more powerful than their peers. Bullies can make kids feel helpless. It is okay to be scared.

What to do if you are bullied:

- Tell your parents. Telling is not tattling. Your parents can help you figure out what to do.
- Tell a trusted teacher, school counselor, or principal. If you are scared or uncomfortable, bring a friend or a parent. Your parents can also talk to the school for you. You can write down what happened, how it happened, and who is bullying you.
- Do not retaliate against the bully or get angry. Try to defuse the situation and not make the bully torment you even more.
- Respond evenly and firmly or else say nothing and walk away. A bully likes to feel powerful and likes to see that he or she has upset you.

How to prevent being bullied:

- Develop friendships with other children. A bully is more likely to leave you alone if you are with your friends. This is especially true if you stick up for each other.
- Develop interests in social and physical activities. This will help you to develop friendships with other people who share your interests.
- Act confident. Hold your head up, stand up straight, make eye-contact, and walk confidently. A bully will be less likely to single you out if you project self-confidence.

How to Avoid Bullying Situations

Sometimes the best way to prevent being bullied is to avoid situations where bullying can happen. These are only short-term solutions.

- Sit near the bus driver on the school bus.
- Take a different route to and from school.
- Leave a little earlier or later to avoid a confrontation with a bully.
- Do not bring expensive items or lots of money to school.
- Take different routes through the hallways or walk with a teacher to your classes.
- Avoid unsupervised areas of the school and situations where you are isolated from your teachers and classmates.
- Make sure you are not alone in the locker room or bathroom.

How Can You Help a Victim of Bullying?

Do not join in if you see someone that is being bullied. Try to help the victim if you can, but do not place yourself at risk. If you do nothing it implies that you think that it is okay to bully and hurt others.

- Refuse to join in if the bully tries to get you to taunt and torment someone.
- Get a teacher, parent, or other responsible adult to come help. This is not tattling. You are saying that you do not think that bullying is acceptable and do not want anyone to get hurt.
- Try to get the child that is being bullied to tell his or her parents or a trusted teacher. Tell the victim that you will go with them.
- Tell a trusted adult yourself if the victim is unwilling to report the bullying. Do not let the bully know so that he or she does not become aggressive toward you.

References

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