

If Someone Else is Being “Bullied”

- Refuse to join in if you see someone being bullied. Try to resist pressure to join in.
- Attempt to defuse bullying situations when you see them starting up. Try to draw attention away from the targeted person. However, never place yourself at risk.
- If you can do so without risk to your own safety, get a teacher, parent, or other responsible adult to come help immediately.
- Speak up and/or offer support to bullied peers when you witness bullying. If you cannot do this at the time, privately support those being hurt with words or kindness or condolence later.
- Encourage the bullied peer to talk with parents or a trusted adult.

Resources

<http://www.bullying.co.uk/pupils.php>

<http://www.safeyouth.org/scripts/teens.asp>

<http://www.kidshealth.org/teen/yourmind/problems/bullies.html>

<http://www.teen-matters.com/bullying.html>

<http://teenadvice.about.com/od/factsheetsforteens/a/10thingsbullies.html>

<http://www.teengrowth.com/index.cfm?action=infoarticle&Idarticle=1362&category=school&catdesc=school&subdesc=social>

<http://teenagerstoday.com/resources/articles/cyberbullies.html>

SPEAKOUT HOTLINE
800-226-7733
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Bullying Prevention Strategies for Students



“A student is being bullied when he or she is exposed, repeatedly over time, to negative actions on the part of one or more students.”

School Board Members

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BULLYING includes:

- People calling you names.
- Making things up to get you into trouble.
- Hitting, pushing and shoving.
- Taking things away from you.
- Damaging your belongings.
- Taking your friends away from you.
- Spreading rumors.
- Threats and intimidation.
- Making abusive phone calls.
- Sending you offensive phone texts.
- Posting insulting messages on the internet.
- Bullies can frighten you so that you don't want to go to school.

Bullies May Make Remarks About:

- Your weight.
- Your looks
- The color of your hair.
- Your family
- Your schoolwork
- If you are popular
- If you work hard
- If you have a disability
- If you are a different religion, race or culture
- If you wear glasses or a hearing aid.
- If you have a learning disability.
- If you've been away from school due to illness.
- The friends you have.

If You Are Being Bullied...

- Talk to your parent or an adult you trust.
- Stay calm and respond firmly or walk away. Sometimes you can make a joke, laugh at yourself, and use humor to defuse a situation.
- Act confident. Hold your head up, stand up straight and make eye contact.
- Try to make friends with other students. A bully is more likely to leave you alone if you are with your friends.
- Avoid situations where bullying can happen. Avoid being along with bullies.
- Find activities you enjoy and are good at to help build your self confidence.
- Do not resort to violence or carry a gun or other weapon. You may do something in a moment of fear or anger you will regret for the rest of your life.
- If it is happening at school, ALWAYS tell a teacher, counselor, and/or administrator.
- Call the SPEAKOUT HOTLINE at 800-226-7733.

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