



Bullying Prevention Tips for Kids and Teens

If You Are Bullied

Stick with friends. There is safety in numbers. Avoid being alone in target areas like locker rooms, restrooms, and places where the bully hangs out.

Be assertive and confident. Stand up for yourself. Use body language to show you are not afraid. Stand up straight and make eye contact.

Ignore the bully. Walk away. Don't respond. Get out of the situation.

Agree with the bully's comments. Say "Whatever" or "You're right." Then walk away.

Don't seek revenge. Remember that using violence to solve problems only makes things worse.

Get help. If you are being bullied, don't keep it a secret. Ask friends or adults for help. Report all bullying incidents.

If Someone Else Is Bullied

Don't be a bystander. When no one speaks up, bullies learn they can get away with it.

Refuse to join in. Don't take part in the bullying. Refuse to even watch.

Speak out. Distract the bully by changing the subject or using humor. Talk to the bully later, in private. Stand up for the victim. Tell the bully to stop. Get a group to do this with you.

Give support. Talk to the person being bullied in private. Be a friend to that person. Make an effort to include others who are normally left out or rejected.

Get an adult. Report any bullying you see to teachers or other adults. They can set clear, nonviolent consequences for future bullying behavior.

Adopted from materials provided by Child Abuse Prevention Services and SCOPE Education Services

Help Stop Bullies

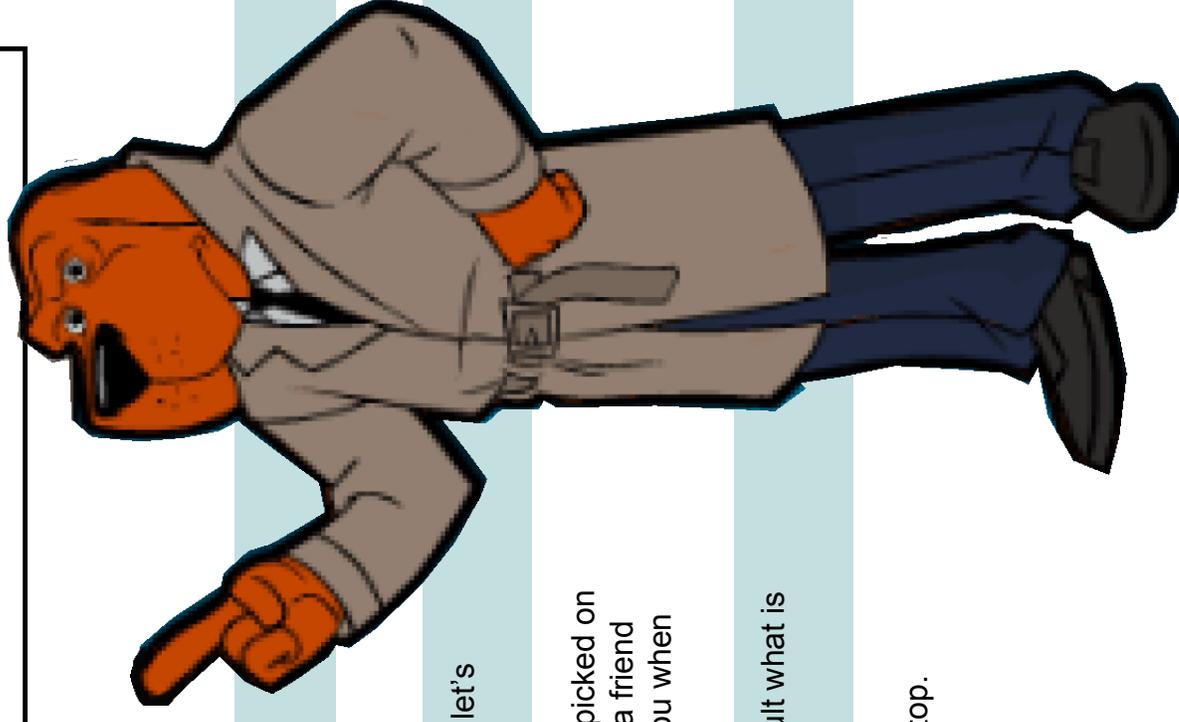
Dear McGruff, I've been seeing a lot of bullying at school. It seems like some kids are always picking on, teasing, or even punching other kids just because they're a little different. Is there anything I can do to help?

Great question. There is plenty you can do and it's not as hard as you might think. Most kids don't like watching another kid get bullied. When you see someone being bullied, remember the tips below and help stop a bully.

- Bullies usually threaten or hurt other kids when no adults are around to see them do it.
- They usually do it where other kids can see them to make them feel powerful.
- Speak up! Tell the bully what you think of what's going on. By saying "That's not funny, let's get out of here" or something similar, you can help stand up for another kid.
- Be a friend. When kids go somewhere without their friends, they are more likely to get picked on by a bully. If you see someone being picked on, even if you don't know the person, be a friend and ask the kid to walk away from the bully with you. Make sure to take a friend with you when you do this.
- Get an adult. If you see someone being bullied, get an adult. You can either tell the adult what is going on or ask the adult to talk to the kid who is being bullied.
- Take a stand. If you know someone who is a bully, take a stand and tell him or her to stop.

Good Luck! Remember that you can help. And talk to your other friends about getting involved in stopping bullying. There's strength in numbers.

www.mcgruff.org



McGruff 