



## Safe Communities ~ Safe Schools

# FACT SHEET

FS-SC10

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## 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 cool the situation and not make the bully torment you even more.
- Respond evenly and firmly or say nothing and just 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 kids at your school or in your neighborhood. 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.

- 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.

## What NOT to do if you are bullied

There are some things that you should avoid when you are confronted with bullying behavior. Don't:

- Think that it's your fault. No one deserves to be bullied.
- Hurt yourself. Some people that are bullied might get depressed. Remember that it's not your fault!
- Keep it to yourself and think that the bully will just "go away"
- Think that you're a "tattle tale" if you tell an adult. Telling someone is the right thing to do.
- Fight back or bully the person back. This might make things worse

## How Can You Help a Victim of Bullying?

Do not join in if you see someone that is being bullied. Try to help the person 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 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.

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### References:

Olweus, D., Limber, S. & Mihalic, S.F. (1999, 2002). *Bullying Prevention Program: Blueprints for Violence Prevention, Book Nine*. Blueprints for Violence Prevention Series (D.S. Elliott, Series Editor). Boulder, CO: Center for the Study and Prevention of Violence, Institute of Behavioral Science, University of Colorado.

Shore, K. (2001). *Keeping Kids Safe: A Guide for Parents of Toddlers and Teens - and All the Years in Between*. Paramus, NJ: Prentice Hall Press.

United States Department of Health and Human Services. *Stop Bullying Now!* Available at [www.stopbullyingnow.hhs.gov](http://www.stopbullyingnow.hhs.gov)