

### Question:

How can I best avoid being bullied?

### Answer:

One of the best ways to keep from being bullied begins with you. That's right – you hold a powerful key! You must like yourself and know that no one, including you, deserves to be bullied. In fact, you deserve to feel safe and secure at school. **Like yourself!**

When you like yourself, it's natural to hold your head up. Look others in the eye, walk with your shoulders back (not slumped over), and don't be shy. **Stand tall!**

Walk, or hang out, with at least one other person. A bully counts on silence and if a friend supports you, the bully may fear one of you will tell an adult. If every student would say something when he or she is bullied, or when he or she sees another student bullied, bullying would end. **Speak up!**

### Question:

It's embarrassing, but I'm being bullied. What should I do?



### Answer:

Let's get one thing straight. No one blames you for becoming a bully's target. Speaking up and asking for help takes more courage than facing the bully alone. Here are a few things to keep in mind when a bully crosses your path:

- 1) If the same student has bullied you once or twice, try ignoring him or her. Sometimes this works. If you've tried ignoring the bully and it's not working, it's time to tell an adult. Some bullies take being ignored as a challenge and will bully even more. **Ask for help!**
- 2) When we are bullied, we often feel weak. Our heart may beat faster, our legs may feel like spaghetti, and we may break out in a sweat. This is normal. As hard as it may be, try to "*act*" brave. Bullies do not want attention he or she did not count on. Try saying in a loud voice, "Leave me alone!" or "No!" and walk away. **Yell!**
- 3) If a bully calls you a name, it's not a good idea to call them a name back. If a bully has hit, kicked, or tripped you, it's not a good idea to fight back. You do not want to get hurt or in trouble. What *should* you do? **Tell an adult!**
- 4) You know the saying, "Sticks and stones may break my bones but words will never hurt me?" Let's face it. Words can, and do, hurt. As hard as it may be, try not to cry in front of a bully. Shrug it off and walk away, as if the words are water off a duck's back. If you act like something bothers you, the bully will not stop. Save the tears for later, when you're alone or speaking to an adult. **Don't react!**

### Resources:

KidsHealth. "Dealing With Bullies." <http://www.kidshealth.org/kid/feeling/emotion/bullies.html> (accessed August, 2008).

**Read the sentences below and fill in the blanks with your answer.**

1. Great people to have around.	_____ <input type="checkbox"/>
2. You should have this at school.	_____ <input type="checkbox"/>
3. These sometimes hurt.	_____ <input type="checkbox"/>
4. It's okay to ask for this.	_____ <input type="checkbox"/>
5. Another word for strong.	_____ <input type="checkbox"/>
6. The person you should like the most.	_____ <input type="checkbox"/>
7. When bullied, never do this to yourself.	_____ <input type="checkbox"/>
8. If you can't escape a bully, do this.	_____ <input type="checkbox"/>
9. It's powerful and you hold it.	_____ <input type="checkbox"/>
10. This is never a good idea.	_____ <input type="checkbox"/>
11. A bully counts on it.	_____ <input type="checkbox"/>
12. When a bully targets you, try this.	_____ <input type="checkbox"/>

**Word Clues:**

ignore  
silence  
yell

key  
safety  
blame

you  
help  
friends

brave  
fight  
words



When you've answered the questions above, put the boxed letters in the spaces below to read a powerful message.

\_\_\_\_\_ !  
 1    2    3    4            5    6    7    8    9    10    11    12