



How do you
feel about
bullying?



The Victim

Signs of Being Bullied

- Black eye
- Cuts or scratches
- Torn clothes
- Crying
- Bad mood
- Bad grades
- Misses school

How to Handle the Situation

- Ignore the bully. Try to walk past him. Go straight to an adult.
- Don't show that you're upset. Don't give the bully the satisfaction.
- If you do respond, do it firmly and evenly.
- Try to spin a bully's comment into a joke.
- Remember the bully has a problem, not you.
- Pretend the bully's comments are just floating away and popping like little bubbles.

If That Doesn't Work

- Talk to your parents, another relative or friend about it.
- Talk to school officials like a teacher or counselor you trust.
- Talk to someone at your church or synagogue.
- Make sure you are clear about your concerns so you are taken seriously.
- Bring a parent, friend or sibling with you to witness a possible encounter.

Preventing Bullying

- Don't walk alone.
- Avoid isolated places.
- Sit near the bus driver on the school bus.
- Walk to class with a teacher.
- Label your belongings in case they get stolen.
- Avoid putting yourself in unsupervised situations.
- Act confident. Hold your head up. Make eye contact.
- Think of and rehearse good bully comebacks that will defuse bad situations.

LEAVE ME ALONE!

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