

## How to deal with bullies

Being bullied can be scary and upsetting and we might not always be sure about what to do.

**Look for help.** Think of an adult you trust and tell them you need help because someone is bullying you. Speaking up makes of you a very strong person. If the first person you go to doesn't seem like is helping you, don't give up and go to another trusted adult until you find a person who truly helps you. No one has the

**Carefully select your friends.** If one of your friends makes you feel sad or scared or forces you to do things they might not be true friends. You might consider spending time with friends that make you feel happy and love you the way you are. You could also ask them to help you. Buddying up might help you feel safer.

**Find a safe place.** If you feel like someone might hurt you don't be afraid to walk away and find your safe space. You could also go to your safe space anytime you feel overwhelmed to have some 'me-time' and relax.

**Remember it is not your fault.** You might feel scared, sad or embarrassed.

However there is nothing wrong with you. The bully needs to change.

**Keep a record.** It might be helpful to have a diary describing every event, including when, who and what happened. A trusted adult could help with your diary..

**Love yourself.** Being bullied can make you feel alone and not good enough. You are amazing just the way you are. Doing things that make you feel good about yourself can be helpful to remind yourself how amazing you are.

Bullies win if they make you upset, so you could try to act **impressed** (pretend not to notice what they say or do to you and just reply oh, ok), or **pretend to agree** (yeah I wear glasses, tried to get rid of them but I can't see without them).

**Stand tall and be brave.** It might be hard to be brave when you are scared, but just acting to be brave can stop the bully. You could try to look brave, sending a message to not mess up with you.

**Look for help.** Can you think of trusted adults you could reach out to?

**Carefully select your friends.** Do your friends make you happy and appreciate you?

**Find a safe place.** Can you think of any safe places?

**Remember it is not your fault.** Do you think it is your fault if you are being bullied?

**Keep a record.** Can you think of how you would keep a record?

Can you think of ways you would act impressed or pretend to agree with a bully?

**Love yourself.** Can you think of ways that make you feel good about yourself?

**Stand tall and be brave.** Can you think of ways that would help you look brave?