

## How to deal with bullies

Being bullied can be challenging - and we might not always be sure how to cope with it.

**Look for help.** Reach out to a trusted adult. Speaking up is not for weak people, it makes of you a very strong person instead. If the first person you go to doesn't sound helpful, you might try not giving up and going to another trusted adult until you find a person who truly helps you. No one has the right to hurt you.

**Find a safe place.** If you feel like threatened or in danger don't be afraid to walk away and find a safe space. You could also go to your safe space anytime you feel overwhelmed to take some time for yourself and relax.

**Carefully select your friends.** If one of your friends upsets you or forces you to do things against your will, they might not be true friends. You might consider spending time with friends that make you feel happy and appreciate you the way you are. You could also ask them to team up with you and help you feel safer and stronger.

**Remember it is not your fault.** You might feel scared, upset or embarrassed. However there is nothing wrong with you. The bully is the one who needs to change.

**Keep a record.** It might be helpful to have a diary where you could describe every event, including when, who was involved and what happened.

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

Bullies win when they see they made 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 feel threatened, but just acting to be brave can stop the bully.

You could try to stand tall and be brave.

What do you think would be helpful for you?

