

TIPS FOR BULLIES, VICTIMS, AND BYSTANDERS

Tips for Bullies

- Recognize that EVERYONE wants to feel a sense of acceptance and belonging.
- Recognize that we are ALL different with different strengths and weaknesses.
- Recognize that there is a difference between teasing and bullying. Teasing is good-natured and welcomed, bullying is not.
- Recognize that bullying is against the law and that there are consequences.
- Find a positive way to express yourself and channel your energies
- Recognize that positive people don't put others down.
- Recognize that bullying can have many long-term effects for its victims including depression, anxiety, drug use, accidental death, and suicide.
- Find a positive way to express yourself and channel your energies
- Find a safe person to talk to as you attempt to change your behaviors. Ask yourself *why* you are bullying others.
- Treat others the way you want to be treated.

Tips for Victims

- If it's the first occurrence and minor in nature, ignore it. Ignoring the bully means that you don't give him/her the reaction he/she is looking for.
- If it continues, tell the bully to stop in a firm voice: "I want you to stop bothering me."
- If it continues, tell your teacher, counselor or administrator who will take steps to alleviate the problem. Steps will also be taken to protect your identity and to make sure that the problem does not worsen because you reported it.
- Threats and major occurrences should be reported immediately to a teacher, counselor, or administrator.
- Recognize that reporting is not "tattling."

Tips for Bystanders

- If someone's safety is at hand, seek immediate help from an adult.
- Speak up and offer support to the victim. For example, if you see someone knock someone's books out of their hands, stop and help the victim pick up his/her books.
- Support those being hurt with words of kindness. For example: "I'm sorry she said that to you. You don't deserve to be treated that way."
- Express disapproval of bullying behavior by not joining in the laughter, teasing, or spreading of rumors or gossip.
- Report incidents to your teacher, counselor, or administrator.
- Recognize that reporting is not "tattling."