

TIPS FOR TEENS

IF SOMEONE IS BULLYING YOU



TIP 1: KNOW THAT IT IS WRONG

Don't let others try to convince you that bullying is okay or that it is a minor issue. Bullying is a problem that can lead to negative consequences.

TIP 2: IGNORE THEM

Walk away and pretend the bullying is not bothering you. If people notice that you are not reacting to them, they may stop their behavior.

TIP 3: TELL AN ADULT

Tell your parents, teachers, or someone else you feel you can confide in, and make sure you give them clear details.

TIP 4: BE CONFIDENT

Body language is important. Hold your head up high; this will show others you are not vulnerable.

TIP 5: DON'T FIGHT BACK

Physical fighting does not solve problems, so you should try to avoid it. If someone is physically threatening you, try to walk away and tell someone immediately.

TIP 6: TALK ABOUT YOUR FEELINGS

It is okay to be upset about others bullying you. Talking about your feelings will decrease emotional reactions the next time a bully confronts you.

IF PEOPLE YOU KNOW ARE BEING BULLIED:

TIP 1: SUPPORT THEM

Let them know you care, and listen to them.

TIP 2: ENCOURAGE THEM

Have them tell an adult they trust, especially if the situation is getting dangerous.

TIP 3: DON'T BE A BYSTANDER

Remember, if you watch others being bullied or walk away, it still means that you are involved. This makes you a bystander. If you see someone being bullied, tell a responsible adult.

IF YOU ARE BULLYING OTHERS OR ARE TEMPTED:

TIP 1: THINK ABOUT HOW OTHERS MIGHT FEEL

Imagine that you are being bullied. Would that upset you? Putting yourself in others' shoes may give you some perspective.

©2004 National Association of Social Workers. All Rights Reserved.