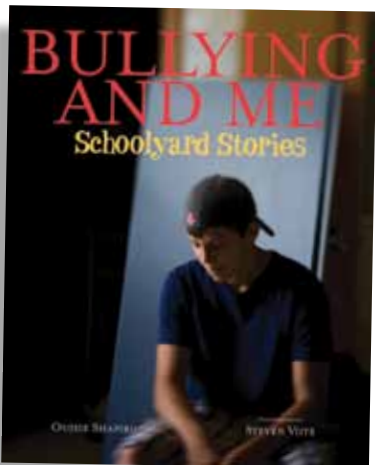




Tips on dealing with Bullies

- **Ignore the bully.** Most bullies want you to get upset, so don't give them the satisfaction. You're not a coward if you walk away. If you ignore them, you're showing them that you don't care. Sooner or later they may get bored and leave you alone.
- **Don't fight back.** If you retaliate, you can never be sure what the bully will do in response. You're likely to be hurt and to get into trouble if you use violence against a bully. And fighting back may encourage even more bullying!
- **Tell someone you trust.** You may be embarrassed about being bullied, but telling an adult or a friend may not only give you moral support, it may also help you come up with a solution. You're not snitching; you're reporting on a problem that you can't solve by yourself.
- **Find your real friends.** If your so-called friends are spreading rumors about you, it's time to make new friends. Join a club or a sports team and meet kids who share your interests.



- **Steer clear of bullies.** Bullies tend to operate when there are no adults present. And they're more likely to pick on someone who's alone. Try to walk to and from school in a group and stick close to other kids when you pass areas where bullies tend to hang out.
- **Don't stand by and do nothing.** Sometimes kids who are being bullied need to borrow strength from someone else. If you see someone getting picked on, try to take him or her away from the bully. If you don't feel safe doing this, report the incident to an adult.

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