



## Tips for Students:

### If you are being bullied:

- tell someone! a teacher, parent, principal, counselor, police officer, etc.
- don't try to fight back against the bully- don't become a bully!
- try not to show anger or fear, try to laugh it off and calmly ask the person to stop. Or say nothing and walk away.
- try to avoid situations that encourage bullying- walk with a group of friends or in the view of teachers, leave expensive things or money at home, don't go to the bathroom or locker room alone.



### If you see someone being bullied, put yourself in his or her shoes- would you want to be treated that way? Offer help by:

- telling someone- a teacher, parent, principle, counselor, police officer, etc.
- being a friend to the victim- often kids become victims because they are an easy target- they are alone and have no network of friends and/or support.
- speaking up- many bullies feel their actions are accepted by the majority and when you take a stand it show the bully their actions are not ok.
- being an example- by standing up to a bully, and being a friend to the victim, you can show others that bullying isn't 'cool' and that it is ok to stand up to a bully.



### Websites/programs to check out:

Out on a Limb: a Guide to Getting Along

<http://urbanext.illinois.edu/conflict/>

CNN's "Stop Bullying, Speak Up"

<http://www.cnn.com/SPECIALS/2010/bullying/>

Stop Bullying Now- for Kids

<http://www.stopbullyingnow.hrsa.gov/kids/default.aspx>

Kids Against Bullying

<http://www.pacerkidsagainstbullying.org/>

Project Change

<http://www.projectchange-md.org/>