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”

Stop Bullying Now- for Kids

Kids Against Bullying
http://www.pacerkidsagainstbullying.org?

Project Change
http://www.projectchange-md.org/

*These resources are not operated or endorsed by the Office of the Attorney General, and serve only as helpful information for reference purposes. We are not responsible for their content.