

# How to Handle a Bully

(Can be read in tandem with “What is a Bully?” and “Telling an Adult about a Bully”)



A bully is someone who tries to make someone feel sad, embarrassed, angry or scared. A bully can be an adult or a child. Bullying can happen anywhere.



If I am being bullied, this is what I can do so that I don't get in trouble too: Being bullied makes me very angry.



It is not fair that someone tries to hurt my feelings or my body.



When someone hurts or makes fun of me, I may want to fight them.



This will get me in trouble.



I may want to say very hurtful things back to that person, or threaten them. Threatening someone is telling them that I will hurt them or hurt other people in the school or community.

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## How to Handle a Bully, Cont.



This will get me in trouble.



If someone is bullying or hurting me, I can use a calm voice to say "Stop," or "Leave me alone."



I should walk away from that person and find a trusted adult. I can tell the adult the name of the person that hurt me and what they said.



I can ask the adult for some time to calm down, take a walk, go to a safe place. Telling an adult will make me feel better. If I tell an adult, then I will not be in trouble.



The adult will help plan to keep me safe and happy.



I will be okay if I stay calm, walk away, and tell an adult!

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# How to Handle a Bully, Abbreviated Version

(Can be read in tandem with “What is a Bully?” and “Telling an Adult about a Bully”)



A bully is someone who tries to make someone feel sad, embarrassed, angry or scared. A bully can be an adult or a child. Bullying can happen anywhere. If I am being bullied, this is what I can do so that I don't get in trouble too:



It makes me angry and sad when someone bullies me.



It may make me want to scream and yell bad words.



It may make me want to kick, hit and punch. It may make me want to tell my bully I will hurt them.



But this will get me in trouble.



If someone hurts my body or my feelings, I should tell them to “stop.” I can tell them to “Leave me alone.”

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## How to Handle a Bully, Abbreviated, cont.



I can walk away from my bully and find an adult.



I can tell the adult that (bully's name)  
\_\_\_\_\_ hurt me.



The adult will help keep me safe.



I will be okay if I stay calm, walk away  
and tell an adult!

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