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.

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

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.

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.
How to Handle a Bully, Cont.

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

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

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.

This will get me in trouble.
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 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.”
How to Handle a Bully, Abbreviated, cont.

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

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

I can tell the adult that (bully’s name) ____________________hurt me.

The adult will help keep me safe.