

Telling an Adult about a Bully

(Can be read in tandem with "What is 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, I can tell a trusted adult. A trusted adult can be a teacher, parent, counselor or therapist. I will tell an adult so that they can help me.



My trusted adult cares about me and does not want other people to make me feel bad.



I can ask to speak to my trusted adult in private when the bully is not there. This may be afterschool or between classes.



I can share the name of the person that is bullying me. I can give an example of how they hurt me or my feelings.



My trusted adult may ask more questions. I should try to answer the questions.

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Autism Society
of North Carolina

Telling an Adult about a Bully

(Can be read in tandem with "What is a Bully?"), Continued



If I don't know the answer to the question they are asking, I can say "I don't know."
I can ask, "What can I do to feel safe?"



My trusted adult will help make a plan to keep me safe from my bully. I don't have to feel unsafe or unhappy in school. Once I tell an adult, I will feel better.



It will be okay!

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Telling an Adult about a Bully

(Abbreviated version)



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.



An adult will help keep me safe.



I tell an adult if someone is hurting me.



I can talk to an adult when nobody else is there. I can tell the name of the person bullying me.



I can tell a teacher, my parents, a counselor, or a therapist.



I can tell how the person hurt me.

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Telling an Adult about a Bully

(Abbreviated version), Continued



An adult will help me feel safe. I will tell an adult if someone is hurting my body or my feelings.



I have to tell on my bully so that people can help me.



It will be okay!

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