

TIPS FOR DEALING WITH BULLIES

1. Don't get physical. More fighting can only make things worse, and you could get hurt.
2. Avoid the person. Try to stay away from situations where you are alone with the bully.
3. Look the person in the eye and say, "Leave me alone" in a confident voice.
4. Stay in groups as much as possible. A lot of the time bullying happens to kids who are alone.
5. Report the bullying. Teachers can help stop bullying. Tell your parents, too.
6. Run if you have to. If you're in a situation where you don't feel safe, get away as fast as possible.