

# Tips on How to Beat Bullying



## **#1: Walk Tall**

Practice walking tall with shoulders back and head held high. Try not to act scared.

## **#2: Develop Self-Confidence**

Learn new skills. Get involved with people and activities. Remember everybody is good at something.

## **#3: Start a School Program**

Make sure that your school has an anti-bullying program with tips on dealing with bullying incidents. If not, talk to your teacher or principal about starting one.

## **#4: Tell a Friend**

Tell a friend or an adult that you trust. Having someone on your side supporting you will help.

### **#5: Walk Away**

If you can, ignore the bully and walk away. The bully is just seeking Attention.

### **#6: Ignore the Teasing**

If you act like you don't care, the bully might get bored and give up.

### **#7: Don't Fight Back**

Bullies are generally stronger than their victims are. By fighting back, you could make matters worse.

### **#8: Give Up Your Possessions**

Material things can be replaced; you cannot. If the situation is getting dangerous, then give them what they want.

### **#9: Stick With Others**

Bullies tend to pick on those who are all alone. Try not to be in places where you could be unsafe - empty schoolyard, school washroom, a dark alleyway, etc.

### **#10: Don't be Scared to Tell Your Family**

You have nothing to be embarrassed of. Your family can help you get through this situation.