

Strategies to Deal with Bullying

1. Find friends and allies. Lonely kids are often targets.



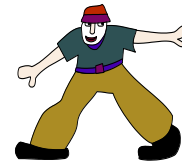
2. Report bullying behaviours to adults and authorities.

3. Respond assertively. Ask questions; change the subject; make statements; agree with the bully; ask for advice; paraphrase a bully's comments; set limits.



4. Check out www.bullying.org to read stories and learn about strategies - everyone has the right to be respected.

5. Stay away from places where bullies hang out; avoid kids who bully; move away with your head up and shoulders back; ignore bullying attempts.



6. Be a caring bystander. Refuse to be an audience for bullying.

