

Name: _____

Bullying is tough to deal with. It can leave you feeling anxious, afraid, depressed and damage your self-esteem. If you are bullied, it's very important to remember that you are not alone and you don't have to put up with it. These tips can help you put an end to bullying.

- First and foremost, remember that bullying is not your fault and you don't deserve it. You have the right to feel safe and respected in school and out.
- If you can, walk away and ignore the bully. Remember that bullies are looking to get a reaction out of you; if you don't give it to them, they might leave you alone in the future.
- Stay calm. This can be difficult to do, but do your best to keep your emotions under control. It can help to use humor to show that you don't care about what the bully is saying. For example, if the bully insults your hairstyle or your clothes, you might say, "Wow, thanks for noticing!"
- Don't fight back. This will only escalate the situation and it could get you in trouble. If you're being physically assaulted, get out of the situation as soon as possible and tell an adult.
- Buddy up. If a bully always bothers you in the hallway or on the way to the bus, make sure to stick with friends or classmates when in those areas. The bully is less likely to say anything to you if you're in a group.
- Write down the details of all bullying incidents. Make a note of who was involved, where and when it happened and what you did in response. This will help if you need to file an official complaint.
- Talk to a trusted adult, such as a parent, teacher or guidance counselor. This can be tough to do, but remember that you're not "tattling." You're standing up for your right to be safe. Often, a bully is counting on your silence.
- If someone is cyberbullying you, "stop, block and tell!" Stop before you retaliate—it's better to ignore the bully than to react emotionally. Block the bully from your email account, social network or cell phone. Finally, tell a trusted adult what's happening.