

Targets and Bullying



Bullying InfoGuides

Tell Someone

- ▶ Tell as many people as you can. Sometimes just having things out in the open can be enough to make bullies stop.
- ▶ If the bullying is happening at school, your counselor, principal, or any of your teachers can help. *Your school should have an anti-bullying policy.*
- ▶ Tell your parent(s) and friends what's going on.
- ▶ Don't think of telling as "ratting" or "tattling." Think of it as standing up for yourself and for what's right.
- ▶ Bullying can have lasting effects. Holding fear, frustration, and anger inside is not healthy. Speak up and speak out.
- ▶ If you are being bullied, chances are the bully is causing problems for others. By stopping the bully, you are not only protecting yourself, you're making your school a safer place for everyone.
- ▶ Bullies try to isolate those they're bullying. Do not let that happen. Tell someone!

*"Never be bullied into silence.
Never allow yourself to be made a victim.
Accept no one's definition of your life, but
define yourself." Harvey Firestone*



Bullying InfoGuide

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Things to Remember

If you or a friend are being targeted, tell yourself (or your friend) to do the following:

▶ Believe in yourself.

You and the people who care about you know what you're really like. Remind yourself of your positive traits, and replace any negative thoughts with positive "self-talk." *I'm a good person. I am strong. I can handle this.*

▶ Put it in perspective.

In the course of your entire life, how long will this phase last? If you can rise above this, the skills you learn may help you later in life.

▶ Don't take it personally.

Remember, it's the bully who has a problem, not you. Although it's hard to feel sorry for bullies, just remember that if bullies were happy, they wouldn't feel the need to hurt others.

"Everyone has in them something precious that is in no one else." Martin Buber



Targets and Bullying

If you or a friend are being targeted by a bully (or concerned that you may be targeted), the tips and advice presented here will give you some ideas of what you can do.

Bullying is aggressive behavior that is intentional, hurtful, and repeated.

No student should ever have to worry about dealing with a bully at school, after school, or online.

If you are the target of a bully, it's important for you to know that it's not your fault. No one deserves to be bullied, harassed, or intimidated!



Prevent Being a Target

Using these tips will help you avoid being the target of a bully.

Watch your body language.

Since bullies often target those who are quiet or seem passive, doing the following will help reduce your chance of being singled out by a bully.

- ▶ As you walk through the halls at school, hold your head up, make eye contact with others, and give a friendly smile.
- ▶ Stand tall, walk confidently, and use body language that shows you're self-confident and self-assured. (When you act confident, you just may find that you feel more confident.)
- ▶ When someone speaks to you, stand up straight, smile, and speak clearly in a friendly tone of voice.

Control your environment.

- ▶ Avoid situations and places where bullying is likely to happen; however, don't let a bully stop you from doing the things you need or want to do (going to school, to a game, etc.).
- ▶ Bullies are less likely to target students in a group. Sit with friends at lunch, and make sure that other students are around when a bully is near.



What to Do

You don't have control over another's actions, but you do have a choice as to how you respond. If you are dealing with a bully, try doing the following:

Speak up and speak out. Look the bully in the eye, remain calm, and speak in a confident, respectful voice. Be assertive, and tell the bully to stop.

Walk away. Calmly walk away and ignore the bully. Don't show fear. Fear, anger, and other reactions give bullies what they're looking for.

Use humor. Say something funny to show that you're not upset. For example, smile and say, "That's a good one." or "Wow, you got me."

Keep a record. Include the people involved, dates, times, places, and the specific things that were said, done, sent, or posted online.

Tell an adult. Talk to a teacher, counselor, coach, parent, or adult you trust. Explain what's happening and ask for their advice.

Get involved. Find one or two school activities you might enjoy and get involved. This is a good way to make new friends. (Having friends around is important when dealing with a bully.)