

## **STRATEGIES TO STOP BULLYING**

Here are some strategies to use to stop bullying. Not every strategy works in every situation, but one of the following should help you when you have a particular problem. If you don't feel comfortable using a strategy, try another one instead.

### **Ignore It**

Bullies want to see their victims react. When you ignore a bully, you send a message that the bullying isn't worth responding to. It takes power away from the bully. Sometimes walking away from someone who is picking on you is the best way to end things. However, don't ignore *repeated* incidents – try another strategy and tell an adult.

### **Use humour**

You can often defuse a situation and put the bully off balance by using humor – getting him or her to laugh with you, instead of at you.

- Ask a "why" question after someone says something mean to you.
- Say one or two words in a neutral tone such as "So," "Whatever," "Huh," or "Who cares?"
- Change the subject
- Turn the insult into a compliment
- Agree – go along with what they say

### **Get Help**

It's okay to call on a friend to back you up without using violence. There's safety and comfort in numbers. You can also turn to a trusted adult for help. Asking for help is about taking care of yourself and staying safe. If someone is cyber-bullying you, save the message, print it out and show it to an adult you trust.

### **Use Self-Talk**

Tell yourself, "I can handle this." Take care of yourself emotionally by doing things that are enjoyable to you: talking to friends, pursuing a hobby, taking part in a sports activity.

### **Deal With It**

Take steps to make sure the bullying stops. Stand up for yourself. Tell the person who is teasing you or calling you names the way that their words and actions make you feel. You have the right to seek help and take care of your needs. Tell yourself, "It's not my problem – it's the problem of the person doing the bullying." However, if the incidents continue, you need to tell an adult you can trust.

### **Don't Stand By**

Everybody has a role to play in stopping bullying. If you see it happening, make sure you're part of the solution, not part of the problem. Be supportive of the rights of students who are bullied to seek help. It is not tattling if you are trying to help get someone OUT of trouble because they're getting hurt.