

What You Can Do If You Bully And Are Ready To Stop

Talk to someone who can help: an older student, your friends, classroom teacher, guidance counsellor, school principal, sports coach, parents or any adult you trust.

Apologize to the kids you have bullied.

They can help you find ways to get along with other children.

Resist peer pressure to bully... do what's right.

Ask a friend to help you stop if you start to bully others.

Know that if other kids watch and laugh, it doesn't mean they like it when you bully.

Set goals each day to make it easier not to bully. Keep your cool. (eg. Today I'll help others rather than hurt them.)

Be a real leader... real leaders treat others with respect.

Understand that you may not like everyone around you, but you do have to treat them with respect.

YOU help to make your school a better place by being a positive leader and not someone who bullies.

Appreciate kids' differences... different doesn't mean worse or better than you.

If these tips work for you, pass them on to others.

Put yourself in other kids' shoes. Would you want to be picked on, beat up, or excluded?

Bullying is something a lot of kids have to cope with. The more we talk about bullying, the faster we will stop it.

Suitable For
Ages 9-12

1 800 668 6868

Kids Help Phone

kidshelpphone.ca

**FREE ANONYMOUS COUNSELLING
24/7 BY PHONE OR BY WEB.**