

I Think I Bully Other Kids, How Can I Stop?

Here are some things you can do if you bully and are ready to stop.

Talk to an adult who can help, like a teacher or a parent. They can help you get along with others.

Think about what it feels like to be bullied... would you want to be treated that way?

Ask a friend to help you stop if you start to bully other kids.

Say sorry to the kids you have bullied.

Set goals each day to make it easier not to bully, like "Today I'll help other kids and not hurt them."

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

If you start to bully, walk away and find something else to do.

Think before you speak... are your words going to help or hurt another student?

Remember that you don't have to like everyone around you, but you do have to treat them with respect.

Bullying is something a lot of kids have to cope with.

Remember that everyone is different. Different doesn't mean better or worse than you.

The more we talk about bullying, the faster we will stop it.

**Suitable For
Up To Age 8**

1 800 668 6868

Kids Help Phone

kidshelpphone.ca

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