

What You Can Do If You Are Being Bullied

If it's hard to stand up for yourself, ignore the bullying and walk away... then tell someone who can help.

Stay calm... try not to show that you are upset when being bullied.

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.

Get funny... humour shows you're not bothered.

It really works when you talk to someone and get help. You may have to tell more than one person... Don't give up!

Be assertive, not aggressive... fighting back often makes the bullying worse.

If you're scared to talk to an adult on your own, ask a friend to go with you.

No one deserves to be bullied.

Go to areas where you feel safe.

YOU help to make your school a better place by seeking help to stop bullying.

Stay close to students you can count on to stick up for you.

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

Look confident and tell the child who bullied to back off... Bullying is NOT cool!

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

Suitable For
Ages 9-12

1 800 668 6868

Kids Help Phone

kidshelpphone.ca

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24/7 BY PHONE OR BY WEB.**