

Bullying Part 1

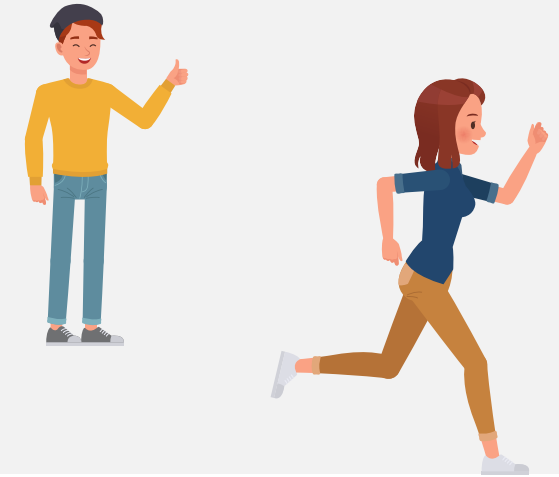
Bullies say mean words and hurt others' feelings.



It can be scary to get bullied. I need to learn how to deal with bullying if it happens to me.



I try to avoid the bully as much as possible.



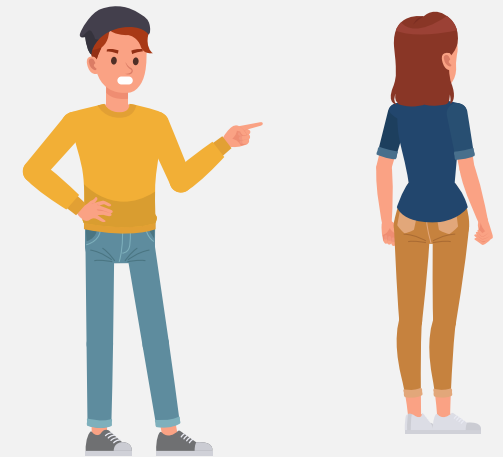
When the bully is around, I stay with a friend or in a group.



I act confident and do not show that I'm scared, even if I am.



If the bully talks to me, I ignore him.



Bullying Part 2

If he continues to talk to me, I talk back using a calm but firm voice.



I use "I" statements, such as "I don't like that." This is a way to be assertive.



I stand up straight and tall and look the bully in the eye to show that I am not afraid.



I do not show the bully that I am scared, sad, or angry.



I walk away from the bully when I can.



I tell a trusted adult about the bully.

