



# WHAT TO DO IF YOU'RE BEING BULLIED



Being bullied sucks! It's hurtful, scary and confusing. When bullying is aggressive and physical, it can be dangerous. When it's emotional – like name calling, or cyberbullying – it's easy to feel alone. If you're being bullied or see someone being bullied, here are some things to do:

- ❑ Try to stay calm.
- ❑ Don't let hurtful words beat you down
- ❑ Be a friend - listen, support and speak up (especially if the situation is unsafe).
- ❑ Tell them to stop.
- ❑ Say nothing and walk away...if you need to, run away!
- ❑ Remember – bullies hurt others because something wrong is going on in their lives. Even bullies need help.
- ❑ Get off the internet! Avoid checking the internet (even though you want to).
- ❑ Delete accounts where you are bullied. Take a screen shot so that you can share it with your parents or others for evidence and support.
- ❑ Don't respond to online bullies – getting into online conversations/chats can make you feel worse.
- ❑ Brush it off with humor.
- ❑ Tell someone you trust – a friend, parent, teacher, and/or mentor.
- ❑ Avoid “problematic areas” – areas around the neighborhood or school where bullying can happen.
- ❑ Safety in numbers - keep yourself surrounded by people.
- ❑ Spend time with people who make you feel good about yourself (we like this one!).
- ❑ Don't become a bully yourself. Don't give in to anger. Don't give in to peer pressure. If you can, be a friend – apologize to those you've bullied and support those who are being bullied.
- ❑ Ask adults to listen. Tell them: “It's important.”
- ❑ Recognize the signs of depression - sadness, wanting to be alone, poor concentration, sleeping problems, and difficulty in school.
- ❑ If you're feeling very sad or unsafe – always, always find help (best to find a trusted adult).
- ❑ If you do not know who to talk to and you feel like you want to hurt yourself. **Call the National Suicide Prevention Lifeline at 800.273.8255.**

For more information, contact Mental Health America at