

WHAT IS A BULLY?

A BULLY IS SOMEONE WHO REPEATEDLY CAUSES UNWANTED HURT TOWARDS A PERSON WHO IS LESS POWERFUL THAN THE BULLY.

Bullies can be...

People who say they are your friends or people who barely know you but mistreat you.

People who treat you badly in person or by cell phone or computer - by gossiping, spreading rumors, leaving you out and turning others against you.

People who threaten to hurt you.

People who issue dares that can end up with you being hurt or getting in trouble.

People who take your belongings.

- Bullies are pretty, or not.
- Bullies are big, or small.
- Bullies are every age.
- Bullies are rich and poor.

It is not your fault if you are bullied.

WHAT TO DO IF YOU ARE BULLIED

- TELL SOMEONE!!!
- Ask the Bully to stop
- Go to a trusted adult and tell them how you feel.
- If the bully is a stranger, tell an adult immediately
- If a bully is threatening to hurt you or someone else, know that caring adults (your parents, teachers, religious leaders, or the police) can help protect you and help you!

If no one will listen, take this flyer with you and show the letter on the back to the adult!!

WHAT TO DO IF YOU ARE A BULLY AND WANT TO STOP!

- Find an adult who you trust to talk about your problem and ask for help.
- Make new friends who don't bully people with you.
- Find something better to do! Volunteer to help someone, get involved in a sport or club.
- Apologize – it actually will make a difference.
- Try to restore what you've damaged or broken through bullying whether it's feelings or physical property.

DON'T HURT
YOURSELF
BECAUSE
OTHERS
TREAT
YOU
BADLY!

YOU
ARE
A
VALUABLE
HUMAN
BEING!

Dear _____,

I am giving you this because I am tired of being bullied and no one will listen to me. I'm not making it up and I'm not "telling on" them. I'm in a difficult situation and I don't know how to fix this for myself. I don't feel safe.

Please help me figure out what to do.

Thank you.



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GET
YOUR
LIFE
BACK!

STOP
THE
BULLY

(High School version)