

WHAT IS A BULLY?

Someone whose words or actions hurt another person (or group of people) or makes them feel badly over and over again. A bully repeatedly causes another person harm and feels more powerful than those who are bullied.

Bullies show their power by:

- saying mean things to you or about you to others
- threatening you or your family or friends
- trying to make you do something you don't want to do
- taking your things or breaking them

Some bullies are pretty, some are not.

Some bullies are big, some are small.

Some bullies are grown-ups, some are kids.

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 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.
- Say you are sorry – it actually will make a difference.

**BULLYING
is
NOT
OKAY!**

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. Someone is often mean to me and will not stop. I don't know how to fix this for myself and I don't feel safe.

Please help me figure out what to do.

Thank you.

**STOP
THE
BULLY!!**



(OR STOP BEING THE BULLY!!)

**the
Ophelia
project**

The Ophelia Project
718 Nevada Drive Erie, PA 16505
Phone: (814) 456-5437
Toll Free: (888) 256-5437
Fax: (814) 455-2090
www.opheliaproject.org