

### What Youth Can Do If They Are Being Bullied

Bullying happens when kids are mean to other kids over and over on purpose, to make them feel bad. This can be physical, verbal, relational or electronic/cyber. Bullying can make you feel angry, sad and powerless.

First, you should always remember that bullying is wrong, and it is not your fault if you are being bullied.

Second, if you're being bullied, know that you are not alone! There are many people who know how you feel and who would like to help you. Reach out in the way that feels right to you. Below are some ideas.

### Ways to Manage Bullying When It Happens

- **Be calm.** Bullies like to see that they are getting you upset or mad, but when you don't give them what they want they may leave you alone. You will probably have to do this for a few days or even weeks before the bully gets the message. Here are some ways to help you stay calm. Practice them so it's easier when bullying occurs:
  - Count to 10 slowly.
  - Take slow, deep breaths.
  - Imagine something that makes you happy or relaxed. (For example: Picture yourself enjoying time with friends or family.)
  - Say positive things to yourself in your head. (For example: "I can get through this" or, "Things won't always be this way.")
- **Pretend that you don't care.** Once you are calm, you can do something to act like you do not care what the bully said. Make a joke or just turn and walk away. You might be scared inside, but you can deal with that once you are out of the situation.

### Ways to Avoid Bullying

- **Surround yourself with support.** Bullies like to corner victims in certain places (like empty hallways and areas on the playground that are not visible to most adults). Staying close to welcoming peers and supportive adults may help you avoid bullies.
- **Delete online accounts where bullying is happening.** For cyber bullying, you may need to delete online accounts where bullying is happening and block unfriendly peers from gaining access to any new accounts you create.

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## Bullying can be ...

Physical = Pushing, hitting, shoving

Verbal = Teasing, insulting

Relational = Starting rumors or leaving others out on purpose

Electronic/cyber = Texting or emailing mean messages or pictures

## Ways to Involve an Adult

Some kids don't want to tell anyone about bullying. They're afraid their friends or their parents will embarrass them, or they don't think anyone can stop the bullying. Don't suffer in silence! Be sure to tell an adult or friend how you prefer to handle the situation.

- **Get help from friends, teachers, parents or other adults.** Having one trusted person to talk to can really help.
- **Be clear about what you need.** Tell them if you're just looking for some sympathy and advice on how to handle the bullying situation, or whether you want to report the bully to school authorities and get their help with that process.
- **Keep trying.** If the first adult you tell doesn't seem to understand that it's serious, tell another adult.
- **Tell adults about "bullying hot spots" at school.** That way, they can arrange extra monitoring or help ensure that you don't have to walk there alone.
- **Call a hotline.** Get help from someone who is trained to handle these situations. See our list of resources below.

## Ways to Be a Good Friend to Others

- Invite other kids to join in your activities and hang out with you. Next time, they will do the same for you.
- When you see someone else being bullied, think how you can help make things better.
- Be a positive bystander so that bullying will be less likely to happen.
  - Don't encourage the bully. Show bullies that you don't like what they're doing. This can be done by simply walking away from the situation.
  - Reach out. Be nice to the victim.
  - Alert a trusted adult.
  - Don't pass on rumors, mean texts or pictures.

## Good Websites for Tips and Resources

[www.stopbullying.gov](http://www.stopbullying.gov)

[www.pacer.org/bullying](http://www.pacer.org/bullying)

[www.glsen.org/crisis](http://www.glsen.org/crisis)

[www.thebullyproject.com/tools\\_students](http://www.thebullyproject.com/tools_students)

*The "All About Bullying" fact sheets are brought to you by the Partner for Prevention Program at The Children's Hospital of Philadelphia's Violence Prevention Initiative, a Hospital-wide effort to interrupt the cycle of violence. For more information about bullying, visit [chop.edu/violence](http://chop.edu/violence).*