

Steps to standing up for yourself and others who may be being bullied.

<http://www.pacer.org/bullying/resources/activities/toolkits/school-event-guide.asp>

1) Don't Bully Others – This starts with you, each and every individual student. If you are bullying, you are showing others that bullying is okay. The example set by you, through your actions needs to describe that bullying is unacceptable, and will not be tolerated around you.

2) Always Help - It is the right thing to do and it will put a stop to bullying if one person, or many people stand up to the bully. Standing up to a bully can start with you. As a Bystander who sees bullying, you have the responsibility to help this other person. (Help with our two rules below: Stand Up, and Walking Away)

3) Stand Strong –Victim and Bystander(s) - If you tell a bully to stop, you need to believe that he/she is going to stop, and your words need to reflect this. Don't be looking down, away or anywhere else, look them right in the eyes, and say in a firm voice, "I don't like what you are doing, you need to stop." If you yell this at them, the bully has gotten what he/she wants which is to bug you. Thus, the bully has taken your power. Practice saying this in your firm, but not loud voice.

For the bystander – You need to be smart when you approach a bully. If it could be dangerous or you feel you could be hurt, do not walk into the situation alone. If you feel safe enough to walk up alone, (and this is a very brave thing), you need to walk up, and stand by the person being bullied, NOT by the bully. You can state to the bully, knock it off, leave him/her alone, whatever it might be – then go to step 4). Very Important, never approach this situation aggressively with words or fists showing, because if you do the bully will more than likely fight back. If you feel that maybe you need a group to do this with you, ask a few people around you to come with you and help. Simply walk up behind the Victim, Tell the bully to stop, and ask the victim to come with the group.

4) Stay Away – Bullies want a reaction from you. If you don't give it to them, they will often find someone else who will react. Tell the bully to Stop, then Walk Away. If the bully leaves you alone at this point, and did not physically hurt you, you handled this yourself, and it's over. Remember to let your parents know what happened, and that you handled it, simply so they know in case it happens again. If you were physically bullied, find an adult immediately after going through these steps. If the bully bullies again after you have told them to stop, even if it's been a week, you need to go directly to an adult and report what has happened.

5) Get Adult Help –If you have asked a bully to stop, and walked away from it, but it does not stop, you are not "telling" on them, you're "reporting" based on you trying to stop it first. If you have told them to stop, and they don't - he/she won't stop unless you get adult help. Getting an adult has to happen to let the bully know that you are not playing around, and you seriously want this to stop.