Strategies to Deal with Bullying

- **Tell them to stop.**
- **Walk away.** Do not let bullies get to you. Walk away and ignore them.
- **Protect yourself.** Sometimes you cannot walk away. If you are being physically hurt, protect yourself.
- **Tell an adult you trust.** Talking to someone can help you figure out the best ways to deal with the problem. In some cases, adults need to get involved for the bullying to stop.
- **Find a safe place.** Go somewhere you feel safe and secure like a favorite teacher’s classroom or the office.
- **Stick together.** Stay with a group or individuals who you trust.
- **Find opportunities to make new friends.** Explore your interests and join school activities such as sports or art. Volunteer or participate in community service.