

What Can I do if I am being Bullied?

If you are in junior or senior high school:

- Stay close to students you can count on to stick up for you.
- Stay away from areas where bullying tends to happen.
- Talk to someone you trust, like your parents, a friend, a teacher, a counsellor or coach. They can offer support and help develop a plan to end the harassment.
- Think about how your behaviour may be making the problem bigger or smaller.
- Ignore the bullying and walk away. Make them think you just don't care.
- Act confident. Hold your head up, make eye contact, and walk confidently.
- Make the time to do things that help you feel good.
- Laugh it off. Humour shows you are not bothered by it.
- You are not alone. Lots of teens struggle with bullying and harassment.
- Do what's right. Carrying a weapon might get you in trouble.
- Keep your cool and walk away, even though you might be upset.
- Share your feelings with people you trust. You don't have to struggle alone.
- It's not your fault. No one deserves to be bullied.
- Be assertive, not aggressive. Fighting back can make things worse.
- It's okay to ask for help. You don't have to solve this problem on your own.

If you are in elementary school:

- If it's hard to stand up for yourself, ignore the bullying and walk away, then tell someone who can help.
- Talk to someone who can help: an older student, your friends, classroom teacher, guidance counsellor, school principal, sports coach, parents, or any adult you trust. It really does work when you talk to someone and get help. You may have to tell more than one person. Don't give up!
- If you're scared to talk to an adult on your own, ask a friend to go with you.
- Go to areas where you feel safe.
- Stay close to students you can count on to stick up for you.
- Look confident and tell the child who bullies to back off...bullying is NOT cool!

- Stay calm. Try not to show that you are upset when being bullied.
- Get funny. Humour shows you're not bothered.
- Be assertive, not aggressive. Fighting back often makes the bullying worse.
- No one deserves to be bullied.
- YOU help to make your school a better place by seeking help to stop bullying.

If you are in primary school:

- If it's hard to stand up for yourself, ignore the bullying and walk away, then tell an adult who can help.
- Talk to an adult who can help, like a teacher or a parent.
- If you're scared to talk to an adult, ask a friend to go with you.
- Practice with your parents or teachers what to say and do the next time you are bullied.
- Go to areas where you feel safe.
- Stay close to students who will stick up for you.
- Look brave and tell the child who bullies to back off...bullying is NOT cool!
- Stay calm. Try not to show that you are feeling sad or mad.
- Be safe. Fighting back can make things worse.
- Don't blame yourself. It's not your fault.