

# Bullying: Tips for Students

This checklist provides suggestions for what kids can do when bullying occurs – written for students being bullied, students who witness bullying and the bullies themselves.

## **If you are being bullied...**

Reach Out

*Tell an adult. Sometimes you may have to tell more than one trusted adult.*

*Ask your friends to help you. There is safety in numbers.*

*Practice what to say the next time you're bullied with your parents, teachers or friends.*

Be Cool in the Moment

*Stay calm and confident. Don't show the bully that you're sad or mad.*

*Ignore the bully and walk away.*

*Remember: Fighting back can make bullying worse.*

Change the School Community

*Work with others to stop bully behavior; your whole school will benefit.*

*Remember: A lot of kids have to cope with bullying. You are not alone. No one deserves to be bullied.*

## **If you witness bullying...**

Interrupt It

*Stand next to, or speak up for, the person being bullied.*

*Ask the bully to stop.*

*Comfort the person being bullied and offer friendship.*

Get Help

*Walk away and get help.*

*Find an adult who can intervene.*

## **If you are the bully...**

Make a Commitment to Change

*Talk to an adult, like a teacher or parent, about how to get along with others.*

*Ask a friend to help you stop your bully behavior.*

*Apologize to the kids you have bullied.*

Focus on Empathy and Responsibility

*Think about what it feels like to be bullied -- would you want to be treated that way?*

*Before you speak, think about whether your words will help or hurt another student.*

Change Your Behavior

*Resist peer pressure to bully.*

*If you start to bully, walk away and find something else to do.*

*Remember: You don't have to like everyone around you, but you have to treat everyone with respect.*

*Drawn from [Stop Bullying Now](#), an initiative of the U.S. Department of Health and Human Services.*