



Have you ever met a bully? A bully is a boy or girl who acts mean or hurtful to others. Some bullies like to pick on other kids as a way to be popular or to get what they want. Some bullies pick on other kids to make themselves feel more important or more powerful. Bullies like to hit, kick, or push to hurt kids, they sometimes use words to call names, tease, or scare them, steal their lunch or lunch money and even talk bad about them to get others to join their side. A bully might grab a kid's stuff, make fun of them or leave a kid out of the group on purpose. Some bullies threaten kids or try to make them do things they don't want to do. Most bullies are just looking for attention.

Is Bullying a Big Deal?

Yes, it is a big problem and it affects a lot of kids. Having bullies around takes the fun out of school. Some kids are afraid to go to the bathroom, lunchroom or the playground because of bullies. Often kids who are bullied can not keep their mind on their school work when they are worried about how they are going to get through one more day of being bullied at school. A bully's intention is purposeful, rather than accidental and they make their attack without any real reason, other than seeing their victim as an easy target.

How to Stop a Bully!

Act Brave. It's hard to be brave when you're scared of another person. But sometimes acting brave is enough to stop a bully. If you have to walk by a bully, hold your head high and act as if you are not afraid.

Ignore a Bully. Sometimes ignoring or walking away from a bully's verbal threats or name calling will rob the bully of his or her fun. Bullies want a big reaction from their victims and acting like you don't see or hear them might stop a bully's behavior.

Stand up for yourself. Stand up for yourself with words by telling the bully to stop it and then walk away. Friends can also stick up for their friends who are being bullied by telling the bully to stop teasing and then walk away.

Tell an Adult. This is very important if you are being bullied. Always tell your parents, teachers or principal, they can help to stop the bullying.

Be a Buddy. Use the buddy system and always plan to walk with a friend or two on your way to school, the lunch room or to recess or anywhere the bully might be.

Don't Bully Back. Fighting back satisfies a bully and it can be dangerous because someone might get hurt. It's best to stay with others, stay safe and get help from an adult.

