



Students: 5 Ways to Deal with a Bully

Bullies come in many forms. Some people bully quietly; others do it loudly. Some bullies don't even do it in person – they use their computers to attack others on social media. No matter *how* someone acts like a bully, it is never OK. But how can you deal with a bully in a way that is helpful? Try these 5 tips to help you or someone else being bullied.

- 1. Have Confidence:** Bullies often target those that somehow seem weaker than they are. Try standing up for yourself by using an assertive or strong voice to tell a bully to stop, or telling a bully to stop hurting others. Often if a bully thinks you will stand up to them, they won't target you.
- 2. Use Humor:** Sometimes using humor regarding the bully, the situation, or even yourself, may sometimes be enough to get a bully to stop or move on.
- 3. Have Empathy:** Sometimes it's easier to deal with hurtful behavior from someone if we are empathetic about what might be making them act that way. Bullies hurt others for a variety of reasons; they may have been hurt themselves or they may want attention. This doesn't make their bullying OK, but your empathy might open the door to a conversation that transforms a bully into a friend. Try to be empathetic toward their issues and show them kindness as a way to catch them off guard and get them to rethink their behavior.
- 4. Safety in Numbers:** One of the best ways to stop bullying is for groups to stand up to them. Bullies tend to target individuals and are less likely to pick on you or someone else when in a group, so buddy up. You can also talk to teachers or other Safe Adults and ask them to intervene or help. And if you know bullies gather in a certain place, or that bullying happens at a particular time, avoid those places at those times if you can.
- 5. Spread #KindVibes:** Bullies thrive on negative reactions and negative thoughts. So combat their abusive behavior by spreading #KindVibes. Do something nice for them, like opening a door or choosing them for a school team project. Do the same for others, especially when the bully is watching. It might just make them rethink their bullying behavior. #KindVibes starts with you.

If your efforts to stop the bullying aren't successful, it's important to report the bullying to a parent, teacher, or Safe Adult. It's important you understand this is not snitching; it's the best way to get help for you and for the bully!

