

Bullying: Tips for young people

It will be difficult for the bully to pick on you if you tell someone you trust what you are experiencing.

When the bully provokes you pretend nothing has happened and get away from the situation. Say "No" firmly and loudly if you don't want to do something that the bully tells you to do.

Should the others think that the bully is scaring you and you want to run away, do not give importance to what others think. Remember that the bully cannot pick on you if you ignore him.

The bully seems to have fun when you react, get angry or cry. Try to keep calm and do not let the bully see that you are scared or sad. If you do not react, eventually the bully will probably get bored with trying to bother you and will leave you alone.

When the bully provokes or hurts you, do not fight back. It could worsen the situation, you could hurt yourself and get blamed for starting the trouble.

If the bully demands that you give up your belongings, hand them over and walk away. It's not worth getting hurt over but tell an adult as soon as possible.

Show the bully that you are not scared, use your intelligence and humour. This way you will throw the bully off balance, and he/she will let you go.

Bullies tend to go after a child who is alone. If you stay close to your peers or other adults who may help you, it will be difficult for the bully to approach you.

To prevent a run-in with a bully you can take a different route to go to school, stay with others during recess, avoid to use the bathroom when there is nobody around.

Keep a notebook and write about each time you are bullied. Your notebook will help you remember what has been happening.

Bullying hurts. Talk to an adult you trust, to your parents, your teachers, your doctor. You cannot handle everything by yourself!

If you see someone being bullied, tell an adult. Tattling is not the same as telling an adult what's going on to prevent another kid being hurt. Think how you would feel if you were being bullied and someone helped you.

If you meet your neighbourhood police officer, you can ask him/her for help.

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