

# What should I do if I am Bullied?

Below are some strategies you might try.

- Stay calm!
- Tell yourself you can handle the situation.
- Ignore the bully if you can.
- Don't show anger or fear.
- Look the bully straight in the eye.
- Speak in a firm voice.
- Calmly tell the bully to stop.
- Walk away briskly, but don't run.
- Avoid places where there are few other students or teachers around.
- Stay with a group of friends if possible.

**MOST IMPORTANTLY...**

**TELL A TRUSTED ADULT. TELL YOUR PARENTS, A TEACHER, THE PRINCIPAL.**

