

NO MORE BULLYING!



When someone hurts you, teases you or bullies and harasses you, it's okay to feel angry. You might even want to get back at the person by hurting him or her. But you can choose not to do that. There are better and safer ways to stop a bully and they won't get you in trouble.

1. **STOP and THINK.** Think about what might happen if you try to hurt the other person. Tell yourself, "It's okay to feel angry. It's not okay to hurt someone else, even if that person hurts me first."
2. **TELL that person,** "Stop that! I don't like that!" Tell the person how you feel. Use an "I message." Example: "I feel angry when you call me names because it hurts my feelings. I want you to stop."
3. **WALK** away or run away.
4. **FIND** an adult you trust. Tell the adult what happened and how you feel. Ask the adult to help you.
5. **TAKE CARE** of yourself. Take a deep breath and count backwards from 10. Draw an angry picture or write down your feelings and tear it up. Spend some time with a friend who is kind to you. Tell yourself, "I'm valuable and I don't deserve to be treated like that."

Remember that getting back at someone never makes it better. It only makes it worse. And it makes you a bully, too. You can choose not to hurt back. You can get help to stop the person who is hurting, teasing or bullying and harassing you. You have the right to be safe and to feel safe.