

## 20 THINGS TO DO INSTEAD OF HURTING SOMEONE BACK

When someone hurts you, it's normal 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. You can do one (or more) of these things instead.

- 1. STOP and THINK.** Don't do anything right away. Think about what might happen if you try to hurt the other person.
- 2. Know** that what you do is up to you. You can decide. You are in charge of your actions.
- 3. Tell yourself,** "It's okay to feel angry. It's not okay to hurt someone else. Even if that person hurt me first."
- 4. Tell that person,** "Stop that! I don't like that!"
- 5. Keep your hands** to yourself. Make fists and put them in your pocket.
- 6. Keep your feet** to yourself. Jump or dance or stomp.
- 7. Walk** away or run away. Then take a walk or run around the block.
- 8. Tell the person** how you feel. Use an "I message." Example: "I feel angry when you hit me because it hurts. I want you to stop hitting me."
- 9. Take a deep breath,** and then blow it out. Blow your angry feelings out of your body
- 10. Find an adult.** Tell the adult what happened and how you feel.
- 11. Count slowly** from 1 to 10. Count backwards from 10 to 1. Keep counting until you feel your anger getting smaller.
- 12. Think cool thoughts.** Imagine that you're sitting on an iceberg. Cool down your hot, angry feelings.
- 13. Think happy thoughts.** Think of something you like to do. Imagine yourself doing it.
- 14. Find** another person to be friends with.
- 15. Take a time-out.** Go somewhere until you feel better.
- 16. Sing** an angry song. Or sing any song extra loud and long.
- 17. Draw** a picture to express your anger – then tear it up and throw it away.
- 18. Treat the other person** with kindness. It won't be easy, but give it a try. This will totally surprise the other person.
- 19. Remember** that getting back at someone never makes it better. It only makes it worse.
- 20. Know that you can do it.** You can choose not to hurt back. It's up to you.



24 Hour Hotline 724-836-1122

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[www.blackburncenter.org](http://www.blackburncenter.org) [www.pcar.org](http://www.pcar.org)

[www.teenpcar.org](http://www.teenpcar.org) [www.chooserespect.org](http://www.chooserespect.org)



## Harassment happens when:

- someone tries to do something to you without your permission
- someone asks you or requires you to do something that you don't want to do
- someone says or does things that makes you feel embarrassed, uncomfortable or afraid.



Harassment usually happens more than once. Even if you tell the person you don't like it, it doesn't stop.

### WHAT TO DO IF IT HAPPENS TO YOU

**TELL THE HARASSER TO STOP.** Try to get up the courage to tell the person how you feel about what they are doing and that you expect them to stop doing that to you. You can do this in person or in writing.

**TELL TRUSTED ADULTS.** Talk to adults that you trust about what is happening and ask them to help you. You may want to tell your parent, another relative, the school counselor, or your teacher.

**KEEP A DIARY.** Write down what happened, what was said or done, the time, the date, who else was there or might have seen or heard what happened. Do this every time the harassment happens. Keep copies of any letters or notes, pictures, videos or telephone messages that have to do with the harassment.

**FIND OUT IF IT IS HAPPENING TO ANYONE ELSE.** Often harassers do the same things to more than one person. Talk to your friends and ask if anything similar is or has happened to them. Ask if they will tell what happened to help you get the harassment stopped.

**KEEP TALKING ABOUT IT.** If the harassment does not stop after you tell the person to stop and you try to get help from trusted adults, keep telling people you trust. Tell adults until you get the help you need.

**HARASSMENT IS NOT YOUR FAULT.** If someone is harassing you, you did not cause it and you can get help to stop it. No one deserves to be harassed!