

# Bullying: What to Do if I'm Bullied

Being Bullied Sucks! It's hurtful, scary and confusing. When bullying is aggressive and physical, it can be dangerous. When it's emotional – like name calling, or cyberbullying – it's easy to feel alone. If you're being bullied or see someone being bullied, here are some things to do:

- Try to stay calm.
- Don't let hurtful words beat you down.
- Be a friend - listen, support and speak up (especially if the situation is unsafe).
- Tell them to stop.
- Say nothing and walk away...if you need to, run away!
- Remember – bullies might be in pain, too.
- Get off the internet! Avoid checking the internet (even though you want to).
- Delete accounts where you are bullied. Take a screen shot so that you can share it with your parents or others for evidence and support.
- Don't respond to online bullies – getting into online conversations/chats can make you feel worse.
- Brush it off with humor.
- Tell someone you trust – friend, parent, teacher, and mentor.
- Avoid “problematic areas” – areas around the neighborhood or school where bullying can happen.
- Safety in numbers - keep yourself surrounded by people.
- Spend more time with people who make you feel good about yourself (we like this one!).
- Don't become a bully yourself. If you have – don't give in to anger; don't give in to peer pressure. If you can, be a friend – say sorry.
- Ask adults to listen. Tell them, “It's important.”
- Recognize the signs of depression - sadness, wanting to be alone, poor concentration, sleeping problems, and difficulty in school.
- If you're feeling very sad or unsafe – always, always find help (best to find a trusted adult).
- **If you do not know who to talk to and you feel like you want to hurt yourself. Call the National Suicide Prevention Lifeline: 800.273.8255.**

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