

## If You Are Being Bullied:

- Try to stay calm; bullies enjoy seeing reactions such as fear or crying.
- Assert yourself non-violently, letting the bully know you won't play their game or be their willing victim.
- Make good friends; there is strength in numbers.
- Tell a trusted teacher, parent or other adult what is happening.
- Find out about your school's policy to stop bullying.

## If You Are A Bully:

- Understand that bullying makes people dislike you and could lead to major difficulties in adult life.
- Imagine how you would feel in the other person's place.
- Talk to a trusted adult about changing your behavior.

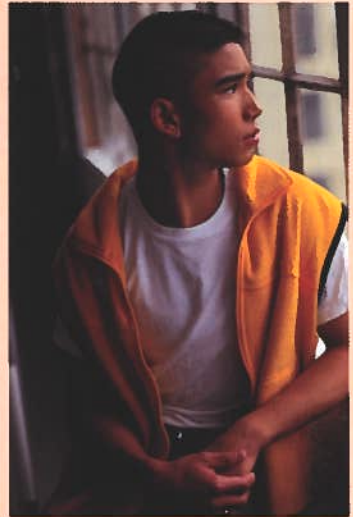


**Bullying is a national problem that crosses all socioeconomic boundaries. To learn more about it and what you can do, visit [www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov).**

### **Read the following advice from former bully Sandy Fertman Ryan:**

*"Looking back, I realize that the bully of my past was a pretty insecure girl. I brought others down just to make me feel better about myself. But that kind of confidence quickly goes away and you find yourself grasping for more by continuing to pick on people.*

*"Today, I go out of my way to be extra-nice to everyone. I feel good about myself and try to instill positive energy in others, too."*



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