

Defeating Bullies at Lunch

Move your seat! Ask a friend to move with you. If you are not allowed to change seats, ask an adult if you can change it. If they say no, tell your parents so they can talk to the person in charge to get your seat changed.

Sit close to an adult! Bullies can't bully and teasers can't tease around an adult – so sit as close to one as you can! If an adult who is supervising doesn't see the problem, please tell a teacher you trust or your parents.

Be the first one to enter the lunchroom and the first one to leave! Don't waste time in the halls when going to lunch or when getting back to class after lunch. Wasting time only gives bullies more opportunity to bother you.



Defeating Bullies on the Bus:

Sit near the front of the bus! Sitting close to the driver will make bullies and teasers think twice before doing it for fear of getting caught.

Don't stay silent! Unless you feel that another kid will physically attack you if you speak up, remaining completely silent while kids are harassing you will only give them reason to keep doing it. Try one of the following:

- Directly ask them to stop.
- Distract them by starting a different conversation that might interest them.
- Diffuse their attack by giving them some sign their words are harmless to you (“yeah, *right!*”) or try laughing along with them (even if you don't think it's funny).

Sit with friends! There are strength in numbers. You are less likely to be singled out if you are sitting with others.

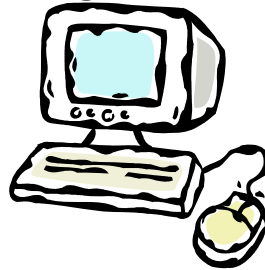
Defeating Bullies in the Hall



Always be aware of who is ahead of you! If you see a bully or teaser ahead of you, DON'T pass the person and give him the opportunity to bother you by noticing that you are there! Take your time and slow down a little so they get farther ahead of you.

Always be aware of who is behind you! Don't allow a bully or teaser to stay behind you in the hall. They will most likely follow you until you have reached a part of the school with no teachers around so they can harass you without fear of being caught. If you notice a bully or teaser behind you, stop and let them pass. Stop in to say hello to a favorite teacher and let them help you.

Defeating Bullies Online



Don't respond to the message! Although it is very tempting to tell them off, it is not a good idea. This may only get them angry and cause more problems for you. They also can print out your message and use it against you by showing it to teachers or to the principal to say you are bothering them and not the other way around.

Get out of the chat room! If someone is making fun of you or is threatening you in a chat room, leave that room so they don't continue to have the opportunity. Take down their screen name and report them to your online provider.

Print out any threatening or harassing messages! You can't prove it is happening if you do not print out the evidence. Show the printed out message to your parents. It is against the law to threaten or harass someone online.

Report inappropriate messages to your parents and your online provider! Most online services will suspend individuals who violate online rules. Let them get what is coming to them and report the violation to get them off the net.

Defeating Popular Bullies



Don't exchange insults with popular kids! This will only make them try harder to make you look bad in front of others. Try ignoring them when they have an audience or agree with them to get them to stop: "You're right, I'm a terrible basketball player." Later when they do not have an audience, you can approach them to tell them to stop: "Hey, stop making fun of me in front of others, you wouldn't like it if it was happening to you."

Don't accept getting teased to fit in with the popular group! Some kids tolerate teasing to be accepted by a popular group of kids. If you are hoping they will stop teasing you as soon as they get to know you, it most likely will not happen.

Don't hesitate to report the bullying or harassment! Many popular kids are very concerned about remaining popular, not only among their classmates but among their teachers. Mention what is happening to a teacher or counselor you trust. An adult talking with a student in this situation may be enough to stop it.

Defeating Bullies with comebacks!

The key to comeback lines is to avoid the temptation to trade name calling or personal insults with the bully or teaser. A great comeback line is brief and to the point and leaves the bully or teaser feeling that they did not get to you! **Don't forget to always look them in the eye and keep cool - anger is a sign to them that what they are doing is working.**

- "Why do you waste your time saying that stuff to me? Try someone else."
- "Those things are ridiculous, but whatever."
- "I don't do this to you. You should really think about that."
- "I'm not sure why you keep saying these things to me, but it really doesn't matter."
- "Okay. Finished?"
- "That's funny, but enough already okay?"
- "You really got me with that one, but enough already okay?"
- "Here we go again, Tell me when your done."

Books Dealing with Bullying



Blue Cheese Breath and Stinky Feet – Catherine DePino
Bullies are a Pain in the Brain – Trevor Romain
Bully on the Bus – Carl Bosch
Cliques, Phonies, and other Baloney – Trevor Romain
How to Handle Bullies, Teasers, & Other Meanies – K. C. Posey
Marshmallow Muscles, Banana Brainstorms - Karen Taha
Odd Girl Out – Rachel Simmons
Odd Girl Speaks Out – Rachel Simmons
Queen Bees and Wannabes – Rosalind Wiseman
Stick up for Yourself – Gershen Kaufman and Lev Raphael
The 18th Emergency – Betsy Byars
The Hundred Dresses – Eleanor Estes
The Tallest Leprechaun – Emily G. Koenig
Wendy and the Bullies – Nancy Robinson