

Answers to What should you do if you are being bullied:

Cry: NO

Why? Bullies will think they have power over you if they can make you cry, you are giving them exactly what they want. If you can't help but cry, walk away first, don't let them see you sweat!

Tell a friend: YES

But make sure it is a friend who is supportive of you and will give you good advice.

Tell the bully's parents: NO

Why? Because you don't know what is going on in that home. The bully could be getting bullied by them! They will also be more likely to believe their own child. It is better to talk to your own parents about the situation.

Run Away: Unsure

Depends on the situation. If you are in danger, run. If not, you may be giving the bully power over you, it may be better to stand your ground. You need to carefully assess the situation you are in. If you are unsure, leave immediately.

Try to get even: NO

The bully may come after you, and you will get into just as much trouble as the bully. Getting even is a bullying behavior!

Tell a teacher: YES

It does not have to be a teacher, any adult in the building should be able to help you. If they don't, tell another adult, and another, and another, until you get some attention!!!

Tell your parent: YES

Your parents/guardians are your best advocates, they are looking out for your best interests and should help you.

Stay home from school: NO

This gives the bully what they want, power over you!

Look them in the eye and say “Leave me alone!”: YES

Bullied don't expect people to stand up to them. They usually pick on people who they perceive as weak and unlikely to defend themselves. Set a precedent for yourself. Stand up to them from the get go!

Threaten the bully: NO

Threatening will only make the situation worse. They may come after you, and threatening someone is a bullying behavior, which is suspendable.

Stay calm and walk away: YES

Walk in the direction of an adult or friend that you know will help you. The bully won't follow you if they think they will get caught.

Call them a name: NO

It will only make matters worse, it will make them angry and they may come after you.

Ignore them: Unsure

Depends on the situation. After a while, they may stop, but they could see this as weakness and come after you even harder. You should stand up for yourself!

Make a scene: YES

Especially if you are in danger. Bullies DO NOT want an audience, if you make a scene you now have witnesses to the bullying!

Stay with friends: YES

There is strength in numbers!

Tell a joke or say something crazy: Unsure

Depends on the situation, sometimes humor can defuse a tense situation, it can also make the bully confused and unsure if you are making fun of them. If you make a joke or say something silly, make sure it is not about the bully. For example: if a bully says "You're an idiot" you can say something like "I have a doctor's appointment coming up, maybe they can give me something for that!"

Keep a journal of their remarks: YES

You will have a written record of when and how many times they have bullied you and what they have said. You will have evidence to make a charge of harassment against them. Use your agenda if you wish.

Let it go: NO

It really should be addressed, if you let things build up inside you they can make you sick.

Say "Don't waste my time, I have stuff to do.": YES

Lets the bully know that what they are doing is insignificant to you and not worth your time and energy.