



Bullying Prevention Tips for Kids and Teens

If You Are Bullied

Stick with friends. There is safety in numbers. Avoid being alone in target areas like locker rooms, restrooms, and places where the bully hangs out.

Be assertive and confident. Stand up for yourself. Use body language to show you are not afraid. Stand up straight and make eye contact.

Ignore the bully. Walk away. Don't respond. Get out of the situation.

Agree with the bully's comments. Say "Whatever" or "You're right." Then walk away.

Don't seek revenge. Remember that using violence to solve problems only makes things worse.

Get help. If you are being bullied, don't keep it a secret. Ask friends or adults for help. Report all bullying incidents.

If Someone Else Is Bullied

Don't be a bystander. When no one speaks up, bullies learn they can get away with it.

Refuse to join in. Don't take part in the bullying. Refuse to even watch.

Speak out. Distract the bully by changing the subject or using humor. Talk to the bully later, in private. Stand up for the victim. Tell the bully to stop. Get a group to do this with you.

Give support. Talk to the person being bullied in private. Be a friend to that person. Make an effort to include others who are normally left out or rejected.

Get an adult. Report any bullying you see to teachers or other adults. They can set clear, nonviolent consequences for future bullying behavior.

Adopted from materials provided by Child Abuse Prevention Services and SCOPE Education Services