

Decide:

Is it really teasing?

Is it really bullying?

Sometimes it SEEMS mean but it is NOT mean.



Friendly Nicknames?

Not all nicknames
are mean.

Some nicknames mean a
person is trying to be nice.

Not On Purpose?

Sometimes a person might
hurt you but it was an
accident.

Sometimes they might say
something you don't like, but
they aren't trying to hurt you.

Sometimes you can **ignore it**

Sometimes if you don't say anything back to people who are being mean, they will go away and leave you alone.

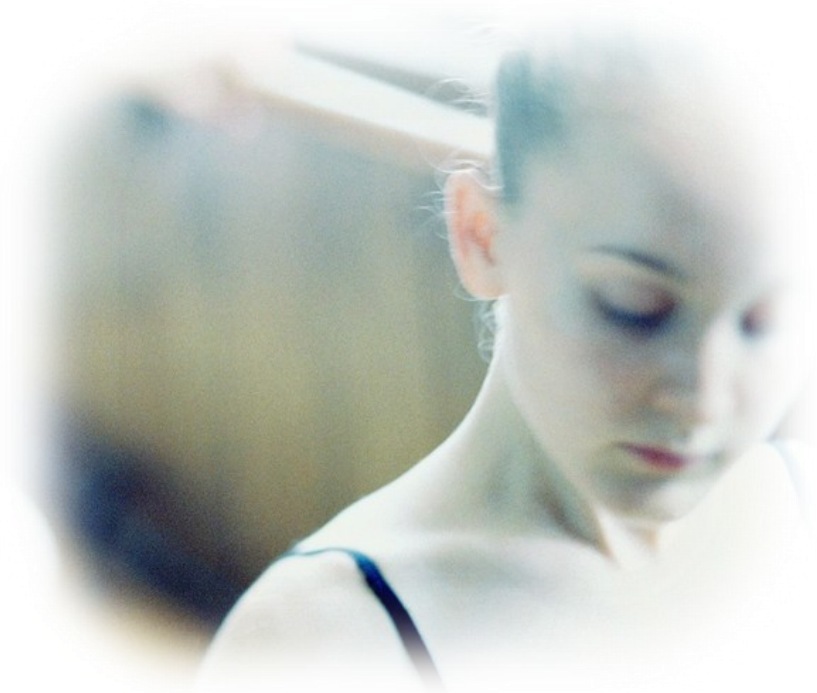


Try thinking of
something else.

Look away from the
mean person and
say nothing.

Sometimes you can **walk away**

Sometimes you might be in a place where you can walk away from the person who is being mean.



Don't walk away if you are in a place where walking away is against the rules.

Don't walk away if walking away takes you someplace dangerous.

Sometimes you can **tell them to stop**

Sometimes you can tell them to stop it.
Say it loud enough but not too loud. Look at the person.



Try not to say it in a voice that is too angry. The mean person might want you to be angry.

Try not to say it in a voice that sounds like crying or begging.

If nothing seems to work, **get help**

Get help from people you can trust.
Get help even if mean people say you can't.



When you get help,
don't tell the helping
person what to do.
Listen to what the
person is telling you.

If the first person
does not help you,
find another person
who will.

Try to avoid thoughts that make it hurt worse

Some kinds of thoughts hurt even more than the bullying.
Can you think of thoughts to fix the ones shown here?

