

Stand Up for Yourself

Teasing, taunting, being mean, it's all about power – People who bully are trying to take your power – the smart, strong, confident part of you. You want to maintain that power. There is no right or wrong way to deal with bullying. What feels right for one person may not feel right for another. Here are some things for you to try:

Just Ignore the Bully – If ignoring is going to work, it will work fast. If it continues for several days you need a new plan. When ignoring, look bored or annoyed – not scared and you especially don't want to appear hurt. The bully is trying to upset you. Practice your best bored face in front of a mirror. If ignoring the bully is causing you to feel sad or think about the bully all the time, then it's O.K. to speak up stand up for yourself.

Speak Up – Speaking up or being assertive works like this: You let the person know you are not O.K. with the bullying, but you have to do it in a way that is not mean and it doesn't keep the fighting going. Practice some comebacks so that you can stand up for yourself when you need to. Think of all the things you like about yourself and all the things that you are good at. You have to decide that you like who you are, and come across confident.

“Stop it I don't like it”

“I don't like it when....” Don't do it again”

“I don't think so”

“I can't believe you just said that”

“Was that really necessary”

“That doesn't even make sense”

“Really, thanks! That's just what I was trying for”

“Say the person's name “Kristen!”

Respond using the three W's with expression- What? Whatever, Wow

Use you “I- messages to tell the bully how you feel – Remember I – messages always start with “I” never with “you”. Calmly and clearly say HOW you feel, calmly and clearly say WHY you feel the way you do and calmly and clearly say WHAT you want or need.

When someone hurts you it's normal to feel angry and want to get back at the person by saying something hurtful. Try to stop and think before you make a choice of what you're going to do. Take a deep breath and let it out really slowly. Count slowly in your head from 1 to 10 forward and then backward. Think about something you love to do to distract yourself from your anger. Put some headphones on and listen to some music in a quiet corner. Go play some sport, use your energy by doing something physical. Talk to an adult you trust like a parent, teacher or friend.

Make a pledge to stand up for bullying – Step in and put your arms around someone who is being bullied.

Everyone deserves to be treated with kindness and respect. Remember if you watch it – you're part of it!!!

For more information go to a wonderful resource the Bully Free Classroom for material a workbook and brochures for educators and parents. For additional resources and books for children where this information came from call Brain Smart Academics.