

# Steps to Handle Bullying

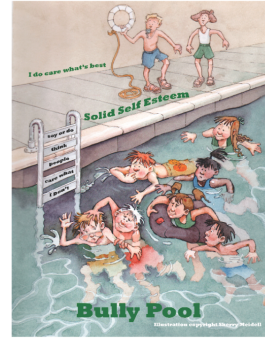


Remember mean behavior turns into bullying if it  
— happens over time and if  
— there is an imbalance of power



## #1. Act Like You Don't Care!

- (Same as getting out of the Bully Pool.  
Feel sorry for the bully, not yourself!)
- Shrug your shoulders
  - Say, “I’m sorry you feel that way.”
  - Say, “It’s okay, I’m not going to do that.”
  - Let them think they are better than you because who cares!
    - Don’t Preach!! It shows you care!
    - Don’t tell them you don’t care, that also shows you do care!



## #2. Keep a Written Report in Private!

- Written reports are powerful.
- It helps you be accurate. (You won’t exaggerate or minimize)
- It helps you not to be tempted to bully back — You haven’t put a stop to it YET!
- It proves how frequent it is happening - that’s what proves it is bullying!
  - Don’t let them know you are keeping a record (that’s a bully back)
  - **Turn your report in to a trusted adult if it doesn’t stop**
  - **Always report safe school violations immediately (don’t wait!!)**

### Safe School Violations are:

1. If someone is getting physically hurt.  
Of course you can defend yourself to get away if someone is trying to hurt you physically! You will not get in trouble for that!
2. If property is getting damaged or if
3. It is anything sexual in nature — tell a trusted adult NOW.

SUN	MON	TUE	WED	THU	FRI	SAT



## #3. Don't Bully Back

- If you bully back, it’s now a fight. Both people get in trouble.
- Sometimes adults will advise you to bully back. But a Bully is not stable. They will come back more aggressive than before. It can be dangerous. Tell the adult, “It’s okay. I really don’t care about what they think, say or do. I don’t want to be like them! I can get it to stop a better way.”
- Bullying back destabilizes your own self esteem. Let the bully think they have the power because who cares! Don’t worry, you haven’t put a stop to it YET!
- There is always something ELSE you can say or do that is BEST. Say something that will make things better and not worse! Remember we are not trying to fight with the bully, we are trying to get them to change.

**See how truly powerful you can be  
by getting everyone—including bullies—out of the bully pool!**

# Steps to Handle Bullying

Here are some ideas of something ELSE you might say to someone who is being mean - Remember we want to let them know we don't care about what they think, but we also want to say things softly so that they can change. Decide which one is best for you or for that situation! If you have a new idea . . . let Ms. Miller know so she can add it to our list!

- Say nothing, Shrug your shoulders and turn or walk away
- I'm sorry you feel that way!
- I hope you change your mind!
- That's interesting.
- You're right. I'm not good at that YET.
- You're right, you are really good at \_\_\_\_\_!
- You're right, you are really \_\_\_\_\_. Good for you!
- It's okay if you feel that way.
- It's okay . . . but I'm not going to do that.
- That's okay for you to feel that way, but I don't feel that way.
- It's okay if you don't want to include \_\_\_\_\_, I'll play with them.
- It's okay if you don't want to include \_\_\_\_\_, you can play with us another day, but we hope you will change your mind!
- It sounds like you don't like \_\_\_\_\_. But if you knew this about them, you might change your mind.  
(Then compliment the person they are being mean to.)
- It sounds like you don't like \_\_\_\_\_ but did you know you both \_\_\_\_\_(say something they have in common)
- Remember back when I told you what you were doing wrong? I'm sorry I said that, I'm not the teacher! (Then leave them alone for a while)
- We might not want to say that about \_\_\_\_\_. It would be mean.
- We might not want to do that, someone might get hurt.
- You might want to think about doing something ELSE.
- They aren't very good at that YET. But we could help them get better.
- They are new and are used to doing things differently. We have all been new before. They don't know our rules YET.
- What's more important? Getting to do things our way or making a new friend?  
Let's try including them, they might be really cool.
- I know they can be pretty annoying, but it doesn't hurt their feelings to tell them as long as we still include them.
- Try helping them to do something ELSE when they get annoying. It helps to play running games with them.
- It's okay, you can go first, but we are going to take turns.
- It's okay if you really want to do that, but we are going to do this instead, we hope you will join us.
- We can find something in common with them.
- We can find something we like about anyone.