

# HOW TO HANDLE A BULLY

Walk tall and proud and to maintain eye contact

Make a list of things that you can say if a bully teases you or calls you names. Practice them so you will remember what to say and it will keep you calm. Mental rehearsal will also help “program” your brain from fear to strength.

- Stand up straight, look the person in the eye, and say in a firm, confident voice, “Leave me alone!” Then walk away quickly and calmly.
- Shout “Cut it out!” as loudly as you can.
- Join a group of people nearby so you won’t be alone.
- Portraying a positive, self-confident stature will help you cope in many areas.
  - **Steady voice:** Work on keeping your voice firm and strong without shouting. You want your tone of voice to communicate that you’re in control. The more you practice, the more in charge you’ll feel.
  - **Eye contact:** Look directly at the person when you speak. Looking down or away removes the power of your words.
  - **Body posture:** Stand straight. Keep your chin high and your shoulders square. You will look strong and confident.
- Use assertive words:
  - “Don’t talk to me that way. Do you understand?”
  - “I totally disagree.”
  - “I’m not going to listen to this stuff.”
  - “I’m not going to take this.”
  - “Your words are meaningless to me.”
  - “It seems like you’re enjoying trying to make me feel bad, but it’s not working.”
  - “Stop it”

Avoid, ignore, or walk away from the bully

Keep your friends around. Friendships are very important. Friendships are a protection against bullying.

Use positive, self-affirming thoughts that validate your rights as a person. These affirmations will aid you in speaking up without provoking a bully, and may defuse the situation.

Bullies like easy prey. A joke, a flip comment, or a question is an unexpected response to harassment, and might be just enough to make the bully think his actions aren’t delivering the desired outcome.

If you are in real danger—for example if you’re facing a gang of bullies—run as fast as you can to a safe place. At other times, it may be better to stand your ground and stick up for yourself. Trust your instincts.

Think...“I’m Rubber, you’re glue.  
Bounces off me and STICKS to you!”