**TIPS FOR TEENS**

**IF SOMEONE IS BULLYING YOU**

**TIP 1: KNOW THAT IT IS WRONG**
Don’t let others try to convince you that bullying is okay or that it is a minor issue. Bullying is a problem that can lead to negative consequences.

**TIP 2: IGNORE THEM**
Walk away and pretend the bullying is not bothering you. If people notice that you are not reacting to them, they may stop their behavior.

**TIP 3: TELL AN ADULT**
Tell your parents, teachers, or someone else you feel you can confide in, and make sure you give them clear details.

**TIP 4: BE CONFIDENT**
Body language is important. Hold your head up high; this will show others you are not vulnerable.

**TIP 5: DON’T FIGHT BACK**
Physical fighting does not solve problems, so you should try to avoid it. If someone is physically threatening you, try to walk away and tell someone immediately.

**TIP 6: TALK ABOUT YOUR FEELINGS**
It is okay to be upset about others bullying you. Talking about your feelings will decrease emotional reactions the next time a bully confronts you.

**IF PEOPLE YOU KNOW ARE BEING BULLIED:**

**TIP 1: SUPPORT THEM**
Let them know you care, and listen to them.

**TIP 2: ENCOURAGE THEM**
Have them tell an adult they trust, especially if the situation is getting dangerous.

**TIP 3: DON’T BE A BYSTANDER**
Remember, if you watch others being bullied or walk away, it still means that you are involved. This makes you a bystander. If you see someone being bullied, tell a responsible adult.

**IF YOU ARE BULLYING OTHERS OR ARE TEMPTED:**

**TIP 1: THINK ABOUT HOW OTHERS MIGHT FEEL**
Imagine that you are being bullied. Would that upset you? Putting yourself in others’ shoes may give you some perspective.

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