

IF SOMEONE IS BULLYING YOU

- **If someone is pushing, shoving or threatening you:**

WALK AWAY CALMLY. GET ADULT HELP!

Turn away, keep poker face, chin straight ahead, shoulders down, hands in pockets or relaxed by side, keep moving, don't run, don't stop or turn around until you reach an adult, even if they yell at you or follow you.

- **Use a comeback in the moment and walk away:**

Nice try.

Your point is?

I don't think so.

Boring!

Not even close.

That's getting old.

Yeah, right.

Wow! Interesting!

Have a great day!

Sorry you feel that way.

Thanks for sharing.

Thanks!

Whatever.

That makes you look bad.

- **Stand up for yourself. Keep eye contact. Use calm voice and face. Then walk away:**

Stop or I'll report it.

Quit or I'll report it.

Knock it off or I'll report it.

Lay off or I'll report it.

Cut it out or I'll report it.

That's annoying. Stop or I'll report it.

That's getting old. If you do it again, I'm reporting it.

That's really boring. If you keep it up, I'm reporting it.

- **If what they are saying is true, agree with them:**

Thanks for noticing.

You just noticed that now?

No kidding.

- **Report it to an adult quietly and privately:**

Tell an adult the five W's privately:

1) Who did it?

4) Where did it happen at school?

2) What happened?

5) Witnesses in addition to you who saw/heard it.

3) When did it start? How long has it been going on?

DON'T TELL EVEN ONE FRIEND THAT YOU TOLD. GO BACK IMMEDIATELY TO THE SAME ADULT IF IT HAPPENS AGAIN.

BE A GOOD BYSTANDER

- **Use a shutdown and encourage other bystanders to use them too:**

Knock it off.

Chill out.

Cut it out.

Relax.

Quit it.

That's annoying.

Just stop.

That is not cool.

That's mean.

Nobody likes that.

That's rude.

That's boring.

Back off.

- **Privately support the target:**

That was really mean. Are you okay?

That was so rude. Are you all right?

That was wrong. Are you OK?

I wanted to make sure you were OK. I saw what happened.

- **Encourage friends who are being bullied to report it. Offer to go with your friend:**

You shouldn't have to put up with that every day. I will go with you to report it if you want me to.

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- **Tell mean friends to "chill" before they get reported:**

You could get in big trouble if you keep that up. Stop before you get caught.

Someone might tell and I don't want you to get in trouble.

- **Get a group of students to talk to the person being mean, but in private:**

We don't like what you are doing to _____. It's mean. We want you to stop. If you do it again, we are all going to report it.