

## ACCESSING SAFETY KNOWLEDGE (ASK) SHEET: *SCHOOL SAFETY – HOW TO DEAL WITH A BULLY*

In 2014, the Centers for Disease Control and Department of Education released the first federal uniform definition of bullying for research and surveillance. The core elements of the definition include:

- unwanted aggressive behavior;
- observed or perceived power imbalance;
- and repetition of behaviors or high likelihood of repetition.



Bullies like to feel more powerful than their peers. Bullies can make kids feel helpless. Kids need to know it is okay to be scared.

### **How to prevent being bullied:**

- Develop friendships with other children. A bully is more likely to leave you alone if you are with your friends. This is especially true if you stick up for each other.
- Develop interests in social and physical activities. This will help you to develop friendships with other people who share your interests.
- Act confident. A bully will be less likely to single you out if you project self-confidence.
  - Hold your head up,
  - Stand up straight,
  - Make eye-contact,
  - Walk confidently.

### **What to do if you are bullied:**

- Tell your parents. Telling is not tattling. Your parents can help you figure out what to do.
- Tell a trusted teacher, school counselor, or principal. If you are scared or uncomfortable, bring a friend or a parent. Your parents can also talk to the school for you. You can write down what happened, how it happened, and who is bullying you.
- Do not retaliate against the bully or get angry. Try to defuse the situation and not make the bully torment you even more.
- Respond evenly and firmly or else say nothing and walk away. A bully likes to feel powerful and likes to see that he or she has upset you.

Go to [www.stopbullying.gov](http://www.stopbullying.gov) for more information and resources on bullying.