

# STAYING STRONG



## When You're Being Bullied

Everyone has been on the receiving end of a rude comment or mean joke, and it can feel horrible. Being made fun of, excluded, or outright bullied can take a major toll on your self-esteem and mental health.

**If you're being bullied, you are not alone, and you are not powerless.**

### **This is not your fault**

If you are the target of a bully, it's important to remember that this is not your fault. No one deserves to be bullied, harassed, or intimidated. You deserve to be treated with respect at all times. Never forget that.

### **Don't take it personally**

This is easier said than done, especially if it seems like bullies often target your personal insecurities. Just remember that it's the bully who has the problem, not you. Although it is hard to feel sorry for a bully (and you don't need to), keep in mind that if bullies were truly happy, they wouldn't need to hurt others.

### **This is temporary**

It can seem like bullying is constant and long-lasting, especially if you're being bullied online. Just know that this situation *will* end, these days *will* pass, and things *will* get better.

## Take a stand

You don't have control over another's actions, but you do have a choice as to how you respond. If you're dealing with a bully, here are some things you can do.

**Speak up and speak out.** Look the bully in the eye, remain calm, and speak in a confident, respectful voice. Be assertive and tell them to stop.

**Keep a record.** Make note of the people involved, dates, times, places, and the specific things that were said, done, sent, or posted online. Screenshot and print everything.

**Walk away.** Calmly walk away and ignore the bully. Don't show fear. Anger, fear, and other reactions give bullies what they're looking for. If you're being cyberbullied, block or delete the bully's number or profile. Try to limit their access to you as much as possible.

**Tell someone.** Talk to a teacher, counselor, coach, or parent—any adult you trust. Explain what has happened and ask for their help and advice. Bullying can have lasting effects, and holding fear, frustration, and anger inside is not healthy. Speak up and speak out.

*For a quick review of what you can do if you are dealing with a bully, watch this quick video.*



### Improve your self-esteem

The better you feel about yourself, the less power bullies have over you. Develop your skills, get involved in clubs and activities, and believe in yourself and your abilities.