How to Handle Bullying

Girls who are bullied may
• Feel anxious, sad, or depressed
• Skip school
• Get poor grades
• Have headaches, stomachaches, and trouble sleeping
• Think about, and even attempt, suicide

Girls who bully may
• Get in trouble in school
• Get poor grades
• Remain bullies as adults
• Be more likely to smoke, use drugs, and drink alcohol
• Be abusive to their spouse or kids as adults
• Think about, and even attempt, suicide

What if you are being bullied?
• Tell the bully to stop and calmly walk away.
• Tell an adult. An adult may need to get involved for the bullying to stop. Also, an adult can give you advice and support.

What if you are bullying others?
• Think about how the person you are bullying must feel. You can even ask the person.
• Make healthy, positive friendships.
• Participate in a new activity, such as exercising, volunteering, or drama.
• Talk to an adult you trust about how to change. Most adults will be very proud of your efforts.
• Get help. A counselor or health professional can help you learn ways to deal with any problems you face.

What can you do if you see someone being bullied?
• Tell an adult.
• Don’t be a part of the bully’s audience. If you feel safe, tell the bully to stop. If you don’t, then walk away.
• Make sure the person who was bullied is okay.
• Tell the person to talk to an adult, and offer to go along.
• Support the person who was bullied. Just being a friend can help them feel better.