Stop the Bully



Ignore the bully. Don't respond to their actions. Hold back anger and never get physical.

WALK AWAY

Walk away from the situation quickly. Avoid making contact with the bully.

SAY STOP

Look the bully in the eyes, stand tall, and tell the bully to please stop.

GET HELP

If the bully won't stop, tell an adult. Talk to a teacher, family or friends. Let someone know you are being bullied.

Find the words

IGNORE FEELINGS HELP LEAVE PARENTS TELL STOP VICTIM NICE TEACHER BULLIES KIND

X N J F N J K R P S F T Z V A X Z R I
O S S V N I N T T E L L W V I C T I M
C T R F U Q X B V R O S G N I L E E F
U N G Z K W K T R A N G C A A S L Q I
B E X V Q R L E O N V J O S E Z D G U
M R F Z I E U A M K L K L I T S N K D
Z A W O A N V C F J X Z L M P O I D N
C P K V J I U H C V P L J L R M P S I
I Z E Z T C O E I A U K E E W O E J K
Y L U R R E A R P B G H S M L N J H S

FILL IN THE BLANKS



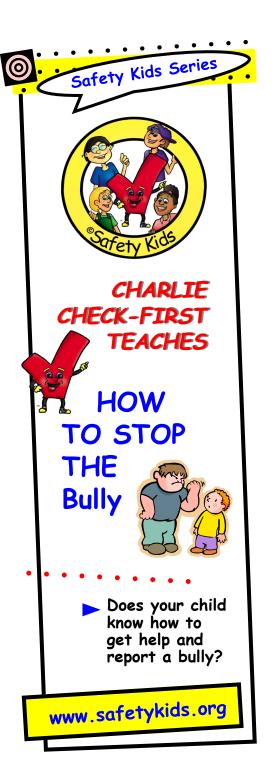
GET HELP IGNORE
WALK AWAY STOP

1. _____THE BULLY.
2. _____FROM THE SITATION.
3. TELL THE BULLY TO PLEASE _____.
4. IF THE BULLY WONT STOP.





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WHAT IS A BULLY?

BULLIES ...



- · Come in all sizes
- · Can be a boy or girl
- Thrive on power
- · Are mean to others
- Control their victims
- Are selfish
- Hurt others
- Want it their way
- Are aggressive
- Are manipulative

A BULLY IS SOMEONE WHO HURTS OTHERS WITH WORDS OR ACTIONS!



A VICTIM IS THE PERSON THE BULLY HURTS!

TYPES OF BULLYING

WAYS A PERSON CAN BE BULLIED!

PHYSICAL BULLYING



PUSHING KICKING
HITTING PINCHING
BREAKING STUFF

VERBAL BULLYING

NAME TEASING CALLING INSULTS THREATS

EMOTIONAL BULLYING

EXCLUSION
RUMORS TORMENTING

HUMILIATION



Don't be a Bully

BULLY PLEDGE

PROMISE NOT BE MEAN OR PICK ON OTHERS. I WILL TREAT MY FRIENDS CLASSMATES WITH AND RESPECT AND STICK UP FOR THEM IF THEY ARE BEING BULLIED. STICKING UP FOR SOMEONE IS THE RIGHT THING TO DO.

NAME	:	





