

# 10 Tips for Bullied Kids

- Don't deny that bullying is happening.
- Don't accept the bully's comments as truth.
- The bullying behavior belongs to the bully. You have done nothing wrong.
- Realize that you have a basic right to safety.
- Find an adult you can trust and tell that adult about the bullying.
- If you want, tell the adult how you want him or her to handle it.
- Trust your feelings and intuition. You are not crazy or stupid.
- Don't laugh at jokes told about you.
- Depend on yourself and those who love you for your self-esteem, not other people.
- Stand up for other bullied kids.