

# Top three strategies for dealing with bullies...

## 1. Avoidance

- Stay out of his physical presence.
- If you can't do that, then avoid eye contact.
- Don't dwell on him in your thoughts. Put him out of your mind.
- Don't listen to him. Realize that his words mean nothing.
- Find kids to be with who have no connection to the bully.

## 2. Talking Back

- Stand tall.
- Hold your head up.
- Look the bully in the eye.
- Use a firm voice.
- Keep it short and strong.
- Say what you really think and feel.
- Tell him what you want to change.



## 3. Telling An Adult

- Keep going till you find one who will do something.
- Don't be afraid to ask how they're going to deal with it.
- If you want to remain anonymous, say so.
- You are not responsible for what happens after you tell.
- Report retaliation.