Seek immediate help from an adult.
Report bullying to school personnel.
If your safety is at stake, walk away or run if you need to.

Stop the Bullying
It's everyone's responsibility to stop bullying. And don't be afraid to get help when necessary. It takes courage, but you will be preventing the intimidation from continuing and possibly escalating. You can report the problem to authorities anonymously.

- Refuse to participate in taunting and teasing.
- Treat others the way you would like to be treated.
- Tell adults if you witness cruelty or hear about violence that might occur.
- Walk away from fights.
- Speak out against the bully.
- Stand tall and walk with confidence and in a way that commands respect.
- Hang out with friends who don't get involved in bullying.
- Stand up for others who are being intimidated.
- Include the person who is being bullied in your activities.
- Show compassion for the victim.

Take Action
- Work with the school administration and get students together to develop or revise your school's code of conduct.
- Start a bully education program for the local elementary school. Consider a puppet show or skit that teaches kids about bullying.
- Organize a teen panel or discussion group to talk about the issues of bullying and intimidation at your school.
Bullies don’t go away when elementary school ends; bullying actually peaks in junior high school and continues through high school and even into the workplace. It can lead to serious problems and dangerous situations for both the victim and the bully.

Bullying is repeated and unnecessary aggressive behavior, or quite simply, unprovoked meanness. It’s a form of intimidation, behavior designed to threaten or harm someone. It can be physical or verbal, mild to severe. There are several different types of bullies, and each type has its own characteristics.

The Facts

- Bullies keep bullying as long as it works—as long as it makes them feel more powerful.
- Many children and teens are bullied. This type of bullying is difficult to escape and may not want to be recognized as a problem.
- Other bullies are more reserved and tricky. They may not want to be recognized as a problem.
- Smooth Talkers. Other bullies are more reserved and tricky. They may not want to be recognized as a problem.
- Intimidators. Some bullies are outgoing and aggressive. They may act out or be aggressive. They get their power by putting others down. Some bullies are introverts. They keep to themselves and may not want to be recognized as a problem.

If You Are the Victim

- No one solution works well in every situation, but here are a few things you can try.
- Avoid or ignore the bully.
- Hang out with friends. There is safety in numbers.
- Say “no” to a bully’s demands from the start. If the bully threatens you with a weapon, give into the demands and immediately tell an adult.
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Victims

- Mediocrity to deal with the situation without making things worse. There are things you can do to deal with the situation without making things worse.
- If someone threatens or physical harm, the bully’s tactics may get more aggressive. They may use words or actions to make the victim feel weaker.
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The Bully

- Intimidators. Some bullies are outgoing and aggressive. They may act out or be aggressive. They get their power by putting others down. Some bullies are introverts. They keep to themselves and may not want to be recognized as a problem.
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