

Being bullied is not your fault.

These things may help you feel better.

- ▶ Try to do things you enjoy. Find kind people to be around.
- ▶ Try to be active. Exercise and staying busy can help you feel better.

Being bullied can be hard to cope with.

- ▶ You may feel sad, lonely, depressed or ill.
- ▶ Sometimes people who are bullied feel so bad they become suicidal.
- ▶ If you are finding it hard to cope, don't give up — reach out for help.
- ▶ You are important. Talk to a friend, family member or a counselor.
- ▶ Getting help can make a big difference.

It can get better!

**Be proud of who you are.
Nobody deserves to be bullied.**

Bullying — offline or online — can happen to anyone. If you or someone you know is a victim of bullying, you can get help. If someone is in immediate danger, call 911. To learn more about bullying and what you can do, visit: stopbullying.gov

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

Designed by Eva Bernstein. Illustrated by Meg Biddle. Special thanks to our medical, professional and audience reviewers.

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What Can You Do About Bullying?



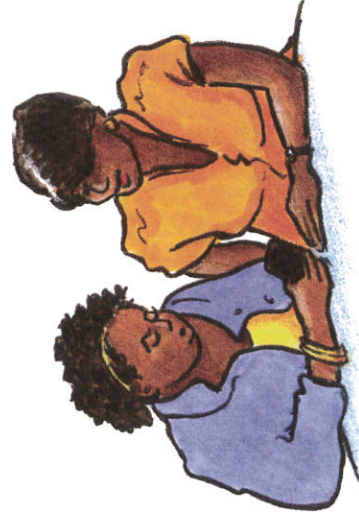
Bullying may happen in person, online or over the phone. It is never OK. If you are bullied, do you know what to do? If you see someone else being bullied, how can you help? Here are some ways to stand up to bullying and make it stop!

What is bullying?

- ▶ Being teased, hit, threatened or excluded are some ways people are bullied.
- ▶ Mean rumors, texts, photos or posts are types of bullying too.

If you are bullied in person...

- ▶ Try to ignore a bully. Walk away.
- ▶ If you can't leave, stand up for yourself – tell the bully to stop.
- ▶ Stay in safe places like a classroom, the library or near other people.
- ▶ Report the bullying as soon as possible.



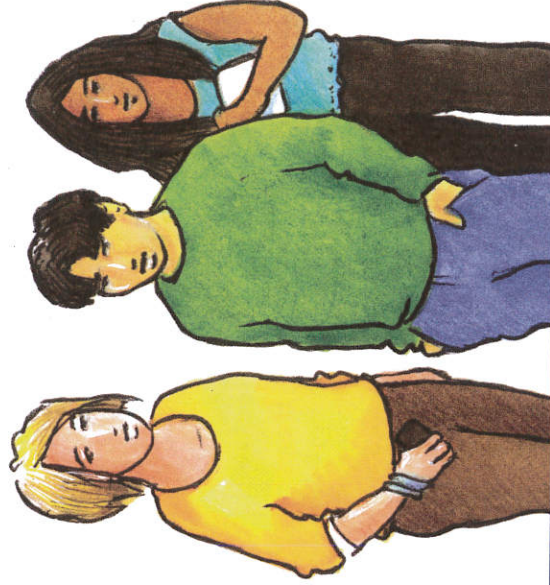
If you are bullied online or by phone...

- ▶ Don't delete the evidence.
- ▶ But don't respond either.
- ▶ Use privacy tools to block people who bully.
- ▶ If the bullying continues, change your phone number, email address or screen name.



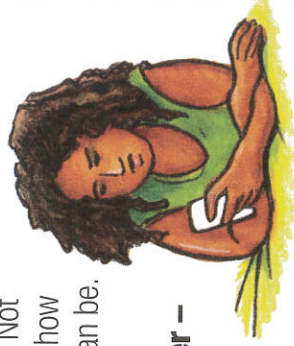
Don't try to get even with a bully.

- ▶ Trying to get back at a bully may make things worse.
- ▶ It could get you into trouble too.



Get help.

- ▶ **Online or offline, bullying can be hard to deal with. Don't try to do it alone.**
- ▶ Talk to a parent, teacher, school counselor, coach or other adult. They can help you decide how best to handle the situation.
- ▶ If the first adult you talk to does not help, try someone else. Not everyone realizes how serious bullying can be.



If you are in immediate danger – call the police.

If you see someone being bullied...

- ▶ **Take action.**
- ▶ Say, "Stop."
- ▶ If you don't feel safe enough to say something, get help.
- ▶ Find a teacher, coach or other adult who can step in.
- ▶ **Act against online bullying too.**
- ▶ Don't forward anything that could be hurtful to others.
- ▶ Speak up if you see hurtful things posted. Let others know it is not OK.