

5 Things Kids Need to Know About Bullying

1. Bullying is disobeying the **Golden Rule** - *treat others the way you want to be treated*. The Golden Rule is the answer to all relationship problems. Do not let others convince you to mistreat someone or laugh when they are mistreated and do not ignore it.
2. Remember, no one deserves to be bullied. Do not let others convince you that you are defective or that you are not what you should be. It is never okay to bully someone.
3. Always tell a trusted adult and have hope. We know how to prevent and stop bullying. This is not a problem you should try to solve on your own. If the adult does not help you, then tell another adult. One way to stand up for yourself is to ask an adult to help you - you are not tattling, you are seeking support.
4. Students who do not want to mistreat others out-number those who do. You have a lot of power. Take a stand against bullying and help each other to have the courage to make your school bully-free. "Be the change you wish to see in the world " -Gandhi.
5. Bullies want to have power and control over you. Do not look like an easy target. Your body language can be a sign to the bully of low self-esteem versus high self-esteem. Body language communicates feelings more so than spoken words. Lack of eye contact, looking down, slouched posture, lack of hygiene, and low tone of voice can be viewed as someone with a low self-esteem: stand straight and tall, with your shoulders back and head up, and walk in a relaxed and energetic way. Do not let the bully see you sad or crying. Learn assertiveness or self-defense skills. Your words and behaviors can have incredible power.