



Take Action Against Bullies



What do you do when a bully picks on you or someone else? How do you handle getting a hateful e-mail from a bully? Bullying can be really frustrating. It's not fair, and nobody deserves it.

Though there's no sure way to stop all bullying, you can help avoid it. Bullies may pick on kids who appear unsure of themselves, so walking with confidence can help. And bullies target kids who get upset, so if you keep your cool, they may back off.

Cyberbullying, which happens online or by phone, can be a tricky problem. You can help protect yourself by keeping your personal information private. Keep in mind that anything you post online may be seen by many others.

If you have to deal with bullies, remember that there's nothing wrong with you, and you're not alone. Lots of kids have the same problem. And you *do* have the power to do something about it.

Are you smart about bullies? Circle your answers, then add up your points.

- 1 If someone picks on me, I take deep breaths and think of something peaceful instead of yelling or crying.

Often = 3 • Sometimes = 2 • Rarely = 1

- 2 When I can, I ignore bullies and just walk away.

Often = 3 • Sometimes = 2 • Rarely = 1



- 3 I think about ways to respond to bullies, so I feel prepared.

Often = 3 • Sometimes = 2 • Rarely = 1

- 4 When I stand up to a bully, I speak in a calm voice, instead of getting upset.

Often = 3 • Sometimes = 2 • Rarely = 1



- 5 If I see someone bullying a kid, I tell him or her to stop, or I tell a teacher.

Often = 3 • Sometimes = 2 • Rarely = 1

- 6 When I feel upset by a bully, I find a way to let off steam, such as biking, dancing, or writing in my journal.

Often = 3 • Sometimes = 2 • Rarely = 1

- 7 I talk to a parent or teacher if I see bullying online.

Often = 3 • Sometimes = 2 • Rarely = 1

- 8 I keep personal information, such as my e-mail address, private from people I don't know.

Often = 3 • Sometimes = 2 • Rarely = 1

- 9 I watch my own words and actions, to make sure I don't act like a bully.

Often = 3 • Sometimes = 2 • Rarely = 1

- 10 If a bully targets me, I remember that the bully has a problem, not me.

Often = 3 • Sometimes = 2 • Rarely = 1

- 11 If I get bullied often and feel scared, I ask a parent or teacher for advice.

Often = 3 • Sometimes = 2 • Rarely = 1

- 12 I help kids who are bullied by listening and encouraging them to tell an adult.

Often = 3 • Sometimes = 2 • Rarely = 1



My Score:

36–28 points: Congratulations! You do a great job of dealing with bullies. Keep it up, and share your skills with others.

27–19 points: Good start! Keep developing your skills and looking for peaceful ways to deal with bullying.

18–12 points: You could use more strategies for handling bullies. Look through the quiz for some tips to try.