

SALTWORKSANSWERS

Believing that students can be positively changed through the power of live theatre

How do I avoid a bully?

So, you are being teased or harassed, and you want or were told to try to handle it by yourself. What are you supposed to do? Part of avoiding a bully is refusing to be bullied in the first place. Remember this : there is no good reason to be bullied! You don't deserve to be treated this way, no one does.

Don't give the bully a chance

If you aren't in the same physical location as the bully, it's a little more difficult for them to pick on you. This might be as simple as taking a different route to school, or class if you can, sitting close to the driver on the school bus, sitting in a different part of the classroom or cafeteria during lunch. Anything that puts distance between you and the bully is a good place to start.

What happens when I can't avoid them? Tell an adult. Tell a trusted adult what has been happening, and don't be discouraged if nothing happens immediately. Just keep telling, eventually, someone will help you. Be confident. Bullies target people they think are weaker than they are, or that won't put up much of a fight. You may not feel very brave when confronted by a bully, but sometimes acting confident might be all it takes to get the bully to leave you alone. Stand up tall, look straight ahead, and even if you don't feel confident, act like you are. Sometimes a bully is looking to get an emotional reaction from you try to ignore what they say or do, and walk away quickly. If you find it hard not to get upset in front of the bully, try thinking of ways not to show that what the bully said or did upset you.

Be a friend. If you have a friend, or know someone else who is also being bullied, talk to them about it. The two of you can build each other up but sitting with each other on the bus, walking together to class or home, being positive allies for each other. If you are with someone else, it may be harder for the bully to approach you than when you are alone. Being a friend also means that when you are confronted by the bully, to try being friendly to them. Some bullies pick on other people because they are looking for attention. While this isn't always the case, its always a good idea to treat others the way you'd like to be treated, and to not retaliate when someone bullies you.

NEED MORE ANSWERS?

BRING OUR PROFESSIONAL ACTORS TO YOUR SCHOOL!

Please contact us (412.621.6150 or nalrutz@saltworks.org) for additional school assembly information to bring these quality educational dramas to your school.