

# SALTWORKSANSWERS

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

## What do I do if I'm being bullied?

**What is bullying?** Bullying is any treatment that is unfair, unsafe and one sided. Bullying threatens, hurts, frightens or leaves someone out on purpose. Congratulations that you recognize that you are being bullied! Remember, there is never any good reason to bully or be bullied, ever, and you don't have to put up with it. Everyone should expect to be treated with respect. Here are some ways to refuse being bullied:

**"Stop!"** If someone is bullying you, tell them to stop. It's okay to stand up for yourself. 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.

**It's important to report any incidences of bullying.** The bully may say that something worse will happen if you "tattle". No one wants to be a tattle, but remember this. Tattling on someone is when you tell on them to get them into trouble. Reporting is when you tell on someone to keep you, or someone else, safe. Tell, tell, tell. Tell a trusted adult what has been happening, and don't be discouraged if nothing happens immediately. Just keep telling, eventually, someone will

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Please contact us (412.621.6150 or [nalritz@saltworks.org](mailto:nalritz@saltworks.org)) for additional school assembly information to bring these quality educational dramas to your school.