

How to Deal With Bullies

With the Bullied Bear



Walk Away

Whenever it's reasonable to do so, just walk away. Pretend like you don't hear your bully, or as if you just don't care about what they have to say.



Stand Tall and Proud

Don't let a bully know that their words are hurting your feelings, or making you angry. Stand tall and proud, even if you don't feel that way inside! Most bullies will get bored, and leave you alone.



Tell an Adult

Adults can deal with the bully, and help to keep you safe. Adults can even help the bully deal with their own problems, so they might not hurt anyone else in the future.