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- Be cautious about where you go. If you are alone don't go where you think the bully might be, especially if it is a place where he might pick on you.
- Stick around other people you feel safe with, even if you don't know them well. Don't go places alone. Walk with other people whether they are your friends or not. If you believe the bullying is going to continue find an adult you trust such as a parent or teacher. And keep telling adults until you find someone who can help you. Tell the adult what you would like to happen.

Don't give up. Bullies like it when you give in to them and the bullying could get much worse. If you are feeling like giving up, make sure you talk to someone. You can call the Kids Help Phone at 1-800-668-6868. It is free and confidential. Or for more information go online at <http://kidshelp.sympatico.ca>



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BULLYING WHAT YOU CAN DO ABOUT IT

BULLYING

Bullying is scary and humiliating. It can make you feel as if it's your fault. It's not!

Bullies can make you feel like you are not wanted; they can pick on you, frighten you, and even hurt you.

Being bullied is not your fault.

Some kids decide to be mean because they don't know how to treat people who are different from them. They are the ones who are wrong and you are not to blame.

Why do people become bullies?

Some kids are bullies because they are being bullied by someone else.

People who are bullies feel like they are in control over someone else. They feel more powerful, and often they feel like they are more popular.

Why do other kids take the side of the bully?

Other kids do not want to become one of the kids who gets bullied.

MAKING BULLIES STOP:

- Don't get angry or let them know you are upset. Stay calm. Bullies feel more powerful if you react to them.
 - Think ahead of time about how you will handle bullying the next time it happens. Practice what you'll say and do.
 - If you do not react to the bully in a way that shows you are upset, they may get tired of bothering you. Don't ever fight. Fighting back makes it all worse. You could get hurt, and chances are you will be blamed for at least part of it.
 - Ignore the bully. If you can, leave. Say "Leave me alone" or "no" very firmly. Then walk away. The bully needs you to stand there and listen and if you walk away, it is hard to keep on bullying.
 - Sometimes the bully wants your stuff and could hurt you if you do not give it up. So give it up. You are more important than your stuff.
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