

Bully Stopping Plans



- A. Walk tall and proud.
- B. Look people in the eye and show a "nothing" face.
- C. Shout "Please stop that" or "Leave me alone" or "Stop that!".
- D. Walk away (to a safe place) but keep the bully in your peripheral vision (recite your "top 10 list").
- E. Run away to a safe place (by an adult, your home or school).
- F. Do not cry in front of the person who is bullying you.
- G. Do not show the bully they are upsetting you.
- H. Thank them for their concern or say "so" (teenagers only).
- I. Let them think you agree with them (teenagers only).
- J. Tell an adult you trust and expect action.
- K. Think smart and avoid known trouble areas.
- L. Travel with good friends and be a good friend.
- M. Watch your own behaviour.