

# Tips for keeping bullies away

## Tell

Bullies need help and telling an adult what is happening will get them the help they need.

## Be Confident

Bullies pick on kids they think are weaker than them. Stand-up and let them know what they are doing is wrong.



## Understand why.

Bullies are often kids who have been picked on in their life and now they are the ones picking on others.

## Get a Group

Bullies often attack when kids are alone. Stick with friends!

## Don't get Angry

Bullies want you to be as upset as they feel inside. Take a breath and know the things they are saying are not true and this is about them; not you.

## Don't Engage

Bullies are angry and looking for a fight. Do not give them one. Walk away if you can.