

Ways To Deal With Bullies

- Identify your Sore Spots (on back) to heal them so bullies can't use words to hurt you. Ask your parents, pastor or counselor for help to do this, if needed.
- Walk with power, instead of appearing powerless.
- Make friends and agree to stick up for each other if someone is picked on.
- Breathe, stay calm and in control of yourself.
- Agree with things that might be true.
- Avoid being alone with the bully, stay in groups.
- Remember that most bullies are trying to feel powerful. Keep your power. Don't let them win. Instead of telling them to stop, tell them that they can say whatever they want and that you can handle it.
- Write down what they say and who is around.
- Stand up for yourself. Don't care what they think or say. They will try anything to try to make you feel bad.
- Tell your parents or teachers what is happening.
- Ask adults to be around places that are dangerous to catch bullies who are picking on you.
- Tell the bully that you could get in a fight with them, but it's not worth it. Your teacher or parents won't allow it.
- Believe in yourself. Remember that you can handle it.
- Ask for help when needed. Friends and adults can help.

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Sore Spots

Circle what are you sensitive, embarrassed, ashamed or nervous about:

ability to dance	ethnicity	memory
ability to draw	eyes (or glasses)	mom / step-mom
ability to sing	failed a grade	musical ability
achievements	family in jail	music preference
acne	favorite team	name
age	favorite TV show	neighborhood
arms	fears	nose
assertiveness	feel lonely	opinions
attitude	feel rejected	past
bad habit(s)	feet	popularity
balance	freckles	posture
being adopted	friends	reading ability
being bossy	grades	religion
being quiet or shy	grandparent(s)	selfish nature
being rich or poor	hair	sense of humor
birth defect / mark	handicap	size
boyfriend/girlfriend	handwriting	skin color
braces	health	smell or body odor
brother(s) / sister(s)	height	special needs
career aspirations	hobby	speech
clothes	honesty	sports ability
cooking ability	house	strength
creativity	intelligence	taste in food
culture	interests	teeth
dad / step-dad	legs	voice
divorced parents	looks	weight
ears/hearing aid	math ability	writing ability

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