Anti-Bullying Strategies

Help for Victims and Bullies

• Keep telling yourself that you’re a good person.
• Learn to be proud of your own differences and other people’s differences.
• Spend lots of time with people who make you feel good.
• Make new friends. Volunteer to help others.
• Keep a journal to record your feelings.

Stop the Bullying

• Take the issue to the student council or principal to begin a school campaign.
• Start a buddy program to learn respect.
• Write a song or a play to perform with other students.
• Start a program at 4-H, church or any other organization you belong to.
• Get your parents to approach the PTA and the school board about having assemblies or workshops.