



## 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.

**LEAVE ME ALONE!**

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