

Victim Responses to Bullying situations (7-12 grades)

Each situation is different, so there is no response that will work every time. What is best to remember is that all bullying situations is about a bully displaying power over another to a group (other students).

- Remain calm
- Act and look confident
- Remain calm and walk away (especially to a group or a teacher/staff member)
 - It is not about ignoring, but about not reacting to the bully
- Join a group of other students
 - Being isolated increases the likelihood of continued bullying
- Be assertive: Verbally assert one's position: Do not attack or verbally abuse the bully
 - "Stop it! I don't like that."
 - "Stop bullying me!"
 - "Cut it out!"
 - "Leave me alone!"
 - Possibly use "I" statements about what is happening ("I don't like what you are doing").
- Tell a teacher/staff member
 - This is not tattling, as you are protecting yourself, which each student has a right to do
- Empower oneself during an interaction
 - Use humor to disarm bully
 - Do not mock or ridicule the bully
 - Make fun of self: reduces power of bully
 - Ask questions about what bully is saying
 - Respond with vague statements
 - Just agree with the statements

Following a bullying incident:

- Tell a friend
- Tell a teacher or staff member
- Tell your parent
- Join campus groups

Do not:

- Blame yourself
- Avoid school or classes
- Do not keep it to yourself
- Do not respond with aggression
 - It can make the bully do worse in response