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What To Do If You Are Being Bullied

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Nov 15, 2008

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Bullying is a common experience for many children and adolescents. If you're a target of bullies or if someone else is being things you can do.

If You Are Being Bullied...

1. Talk to your parents or an adult you can trust, such as a teacher, school counselor, or principal. Many teens who are talk to adults because they feel embarrassed, ashamed, or fearful, and they believe they should be able to handle th Others believe that involving adults will only make the situation worse. While in some cases it is possible to end bully intervention, in other more extreme cases, it is necessary to involve school officials and even law enforcement. Talk can help you develop a plan to end the bullying and provide you with the support you need. If the first adult you appr find another adult who will support and help you.
2. It's not useful to blame yourself for a bully's actions. You can do a few things, however, that may help if a bully begin retaliate against a bully or let the bully see how much he or she has upset you. If bullies know they are getting to you torment you more. If at all possible, stay calm and respond evenly and firmly or else say nothing and walk away. Sor a joke, laugh at yourself, and use humor to defuse a situation.
3. Act confident. Hold your head up, stand up straight, make eye contact, and walk confidently. A bully will be less likel your project self-confidence.
4. Try to make friends with other students. A bully is more likely to leave you alone if you are with your friends. This is e your friends stick up for each other.
5. Avoid situations where bullying can happen. If at all possible, avoid being alone with bullies. If bullying occurs on the you may want to take a different route, leave at a different time, or find others to walk to and from school with. If bully avoid areas that are isolated or unsupervised by adults, and stick with friends as much as possible.
6. If necessary, take steps to rebuild your self-confidence. Bullying can affect your self-confidence and belief in yoursel enjoy and are good at can help to restore your self-esteem. Take time to explore new interests and develop new tale can also leave you feeling rejected, isolated, and alone. It is important to try to make new friendships with people wh Consider participating in extra-curricular activities or joining a group outside of school, such as an after-school progr or sports team.
7. Do not resort to violence or carry a weapon. Carrying a weapon will not make you safer. Weapons often escalate co chances you will be seriously harmed. You also run the risk that the weapon may be turned on you or an innocent pr you may do something in a moment of fear or anger you will regret for the rest of your life.

If Someone Else is Being Bullied...

1. Refuse to join in if you see someone being bullied. It can be hard to resist if a bully tries to get you to taunt or tormer may fear the bully will turn on you if you do not participate, but try to stand firm.