



- ★ Walk away from a bully or don't respond to their verbal or email teasing.
- ★ Often bullying can start with a misunderstanding, which can be fixed when people talk to each other respectfully.
- ★ Don't abandon a true friend if they are being picked on. Help them find adult help.
- ★ Talk to someone you think might be angry with you and see if they just don't understand how to become a friend. Sometimes peers are jealous and act in a mean way when they really just want to be a friend.
- ★ Help friends who are fighting with each other compromise and become friends again.

Don't give in to a bully. Don't give in to a bully. Bullies feed on fear. Ignoring a bully is the hardest thing to do and requires a lot more courage than responding to their taunts. Standing up to any kind of bullying requires self-esteem. When children take this lesson into adulthood, they will have learned to be true to themselves and their beliefs regardless of who challenges them. When they apply this lesson as citizens, they will ensure that America does not abandon its ideals when it is threatened. But each bullying situation requires careful understanding of the root causes of the problem. Above all, children should know they can turn to adults for help.