

WHAT TO DO IF *YOU ARE A BULLY?*

1. Think about the victim. How would it feel?
2. Learn to control your anger and aggression. Choose to be assertive rather than aggressive. Think of the consequences of your actions.
3. Think before you post online. If you wouldn't say it to her face, don't post it or text it. If you are angry or upset, put down your phone and don't post anything.
4. Find a more productive way to deal with anything you are going through. Talk to friends, play a sport, join a club, write in a journal or exercise. All are great ways to let off steam.
5. Ask teachers or counselors if you can help other bullies or victims.
6. Stand up for others being bullied.
7. Set goals for how to stop bullying. "I will not start gossip today." "I will say something nice today."
8. Make new friends. You may be hanging out with people who encourage your bullying habits.