



Strategies for Dealing with Bullies

Practicing one or more of the following techniques can help to take away a bully's power:

- Ignore the bully
- Avoid the bully
- Walk Away
- Hang out with friends
- Use humor, crack a joke
- Distract the bully
- Ask the bully "Why"
- Talk it through
- Expect respect from your classmates
- Like yourself and all of your goofiness
- Develop a passion that can relieve stress after school
- Have three one-liner's that will help in a bullying situation
- Confuse the bully
- Tell the bully when you are near adults to "knock it off"
- Agree with the bully
- Create a distraction or loud noise
- Get an adult

Get more techniques for handling bullying behavior; include strategies for parents, teachers and students that witness bullying behavior through Synergy's STOP Violence programming. Learn more by contacting 816-505-4863 or stopviolence@synergyservices.org