

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 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, including strategies for parents, teachers and students that witness bully behavior through Synergy's STOP Violence programming. Learn more by contacting 816.777.0356 ext. 227