

Do you bully?

If you are hurting or threatening others in some way and using your size, strength or popularity to do it ... you're probably bullying someone! If you bully others, we're glad you're here.

Hey - let's face it, hurting and making others feel bad is NEVER cool. Just admitting that you are doing things to harm others takes some guts. But that's not enough. Trying to find out what you should do to change the way you're acting ... now that's a step in the right direction! So check out these tips ... they'll help you to start treating others with the respect they deserve.

Think about what you're doing ... and how it affects others. If you think calling others names is really harmless, or if you think pushing, hitting or stealing from other kids is funny, you've forgotten what it feels like to be hurt yourself! Teasing, hitting, keeping others out of a group - all of these things harm someone. All of us have been hurt at one time or another and we all know how it feels - awful! So the next time you are about to bully someone:

- Put yourself in their shoes
- Think about how it must make them feel
- Just don't do it

Talk to an adult. Making other people feel badly should never make you feel good. If it does, or if you're not really sure why you bully other kids, you need to talk to an adult about it. Even though you might think an adult won't understand, or that you'll get yourself into trouble, they can help! Whether it is your parent, a teacher or another trusted grown-up, you should tell an adult how you've been acting so that they help you deal with it. School counselors are also great people to talk to about how you feel and how to change the way you treat others.

*Online Resource: *Stop Bullying Now:* <http://www.stopbullyingnow.hrsa.gov/kids/>