



The Society for Safe & Caring Schools & Communities

11010 142 St Edmonton AB T5N 2R1 Phone (780) 447-9487 Fax (780) 455-6481 Email office@sacsc.ca

Bullying Tips for Students

What do you do if you are bullied?—Be S.A.F.E.

<p>S Stand up for yourself</p> <p><i>DO</i></p> <ul style="list-style-type: none">• Stand proud.• Make eye contact.• Tell the person who is bullying you to stop.• Walk away. <p><i>DON'T</i></p> <ul style="list-style-type: none">• Put yourself down by saying “I’m a loser” or “Everyone hates me.”• Ignore the bullying.• Show you’re upset. <p><i>USE</i></p> <ul style="list-style-type: none">• Straight talk: “Stop, [use person’s name]. I don’t like it.” or “Leave me alone.”	<p>A Ask a friend or adult to help</p> <p><i>DO</i></p> <ul style="list-style-type: none">• Ask a friend to help you.• Make sure you are part of a group.• Ask adults for help; keep asking until you get it. <p><i>DON'T</i></p> <ul style="list-style-type: none">• Think it’s ratting to ask for help.• Suffer in silence—silence allows it to continue. <p><i>USE</i></p> <ul style="list-style-type: none">• A calm voice to explain what happened.
<p>F Figure out your choices</p> <p><i>DO</i></p> <ul style="list-style-type: none">• Think about different ways to handle it (humour sometimes works).• Avoid unsafe situations.• Realize that it’s not worth getting hurt to save possessions. <p><i>DON'T</i></p> <ul style="list-style-type: none">• Tease or act dramatically.• Suffer in silence. <p><i>USE</i></p> <p>Problem-solving skills to figure out how to resolve the situation</p>	<p>E End it calmly</p> <p><i>DO</i></p> <ul style="list-style-type: none">• Refuse to listen to or believe anything the person bullying said.• Treat the person bullying the way you like to be treated.• Think about what you have learned. <p><i>DON'T</i></p> <ul style="list-style-type: none">• Fight or name-call. This will make it worse or start it all over.• Hold grudges. <p><i>USE</i></p> <ul style="list-style-type: none">• Forgiveness.

For more information please visit the Society for Safe and Caring Schools and Communities’ website: www.sacsc.ca or contact the office at (780) 447-9450.



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What to do if you see someone bullying?—C.A.R.E.

<p>Care about others</p> <p><i>DO</i></p> <ul style="list-style-type: none">• Offer to help the victim.• Give him or her ideas to solve the problem.• Invite the person to hang out with you and your friends. <p><i>DON'T</i></p> <ul style="list-style-type: none">• Tell the victim it's no big deal.• Walk away without helping.	<p>Adult help</p> <p><i>DO</i></p> <ul style="list-style-type: none">• Go tell an adult and ask for help.• Let your friend know it isn't ratting to report the bullying. <p><i>DON'T</i></p> <ul style="list-style-type: none">• Handle it yourself by bullying back.• Discourage the victim from telling an adult.
<p>Remember to reach out</p> <p><i>DO</i></p> <ul style="list-style-type: none">• Check with the person once in a while to show that you care.• Treat the person bullying the way you would want to be treated. <p><i>DON'T</i></p> <ul style="list-style-type: none">• Ignore the person.• Get into fights with the one who is bullying.• Get friends to fight with the person bullying.	<p>End it</p> <p><i>DO</i></p> <ul style="list-style-type: none">• Let the person know you are willing to help with any future bullying problems.• Trust him/her to let you know if help is needed. <p><i>DON'T</i></p> <ul style="list-style-type: none">• Keep coming up to the person daily to see if the bullying has started again.

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