

## Dealing With a Bully

Bullied children lose self-esteem. Often they feel lonely or begin to do poorly in school. Unexplained injuries, torn clothing, and missing belongings/money may be some signs that your child is being bullied. Be on the lookout for these behaviors. Here are some tips to help your child deal with a bully:

- ▶ Make friends. Treat the bully as a friend instead of an enemy.
- ▶ Use humor. Turn a threatening/scary situation into a funny one.
- ▶ Walk away. Don't get into it – just walk away.
- ▶ Use cleverness. Use your creative imagination to resolve conflict.
- ▶ Stand up to the bully. Stick up for yourself by saying “no” to bullying.
- ▶ Ignore the threats. Let insults go and refuse to fight.
- ▶ Reason with the bully. Use the most powerful tool you have – your brain.
- ▶ Use authority. Call on a teacher or parent to help you.