

Banish Bullies

Look around you. How many times a day do you witness someone

being a bully? Bullies are those bad apples who intentionally and repetitively abuse other people who are less powerful than they are.

The bad news is this: Bullies have a toxic effect on themselves and everyone around them, whether you happen to be the direct victim of their nastiness or not.

Even innocent bystanders are negatively affected. And, if you stand silently by, you're showing your approval, even if you don't approve.

There is no surefire way to banish bullies, but there are some things you can do. For starters:

Sources: USA Today, Centers for Disease Control

REVIEW ONLY

Let 'em know.

Bullies pick on people they think are different. Let your friends and fellow students know you won't stand by while someone is teased or taunted for being a different size or sex, different ability or religion.

Don't be a bully. If you feel angry and out of control, stop, breathe deeply and relax. Don't take it out on someone else.

Work with students, teachers and school officials to create safe, anonymous ways to report bullying, weapons possession, etc. **Remember, there's a fundamental difference between being a snitch and courageously taking a stand against aggressive and potentially dangerous behaviors.**

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Stick with the group. Whenever possible, avoid being alone.

Walk away. If you see a bully or someone who looks suspicious, take another route.

Exude confidence. You're less likely to be targeted by attackers if you appear poised and unafraid.

Follow your hunches. If a situation feels creepy, get out of it.

Keep your eyes open. When you're out in public, stay aware of the people around you. Also, key in on what they are doing and why that makes you feel uncomfortable.

Be in the know. The better you size up a person and a situation, the safer you'll be.

Be **SMART**

Stay **SAFE**

To reduce your chances of physical harm: