**Stop bullying now!**

**What is bullying?**

- Bullying is unwanted, aggressive behavior that involves a power imbalance. The behavior is repeated over time.
- Bullying can be verbal (name-calling), social (leaving someone out or internet-based), or physical (hitting, pushing).

**5 Steps to Stopping a Bully**

1. In a clear, calm voice, look the person who is bullying in the eye and tell them to stop.
2. If joking is easy for you, you can try to laugh off their bullying.
3. Walk away and stay away. Do not try to fight back.
4. Be kind to the person being bullied. One of the best ways to stop a bully is to stand up for the person being bullied.
5. Whether you are being bullied or saw it happening, tell a trusted adult immediately.

If you see bullying happening and don’t do something, **you are helping the bully.** Laughing along with the bully, or even standing quietly, encourages the bully. **Stand up for the person being bullied,** and get an adult as quickly as possible.

School is somewhere you should feel safe. If you feel unsafe, talk to a parent, teacher, counselor, or other adult. The sooner you share how you feel, the sooner you can figure out a solution.

**Works Cited**


See also: www.massmed.org/violence and scroll down to bullying prevention

Massachusetts Medical Society and its Committee on Student Health and Sports Medicine
www.massmed.org/studenthealth

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