

Steps for Being Assertive

- ☺ **Stand tall** (*shoulders back, head high*)
- ☺ **Look at the person's face** (*but don't stare*)
- ☺ **Use a clear strong voice** (*firm, no yelling*)
- ☺ **Speak respectfully**
- ☺ **Say the person's name** (*if you know it*)
- ☺ **Say what they're doing**
- ☺ **Tell them that you don't like it**
- ☺ **Tell them to stop**

Dealing with Bullying

Strategies for Students

Stay calm

Try not to show emotion. Do not respond to the bullying by crying or yelling or even looking upset. Students who bully are trying to get you to react. That is what helps them feel powerful.

Ignore it

Don't fight back, even with words. This makes the situation worse and you could get hurt or get in trouble for your behaviour. Simply pretend you don't hear, keep walking or continue what you were doing.

Say No (Be Assertive)

If you don't like what someone is doing, use a calm, clear voice to tell them to stop. Do not yell at them. If it is the first time, use an 'I-message' such as, "*I don't like it when... please stop*". If it has happened before you may have to be more assertive and say "*Stop it. That's bullying and it's not okay*". Remember to stay calm and do not yell.

Walk away

It is difficult for people to bully you if you are not standing still, listening to them. You can walk away in order to ignore the bullying behaviour; walk away after being assertive and saying 'no'; or walk away to get adult help.

Tell an adult

Students who use bullying behaviours think they can get away with their actions because they believe you will not tell anyone. Adults can help you figure out what to do, listen to how you're feeling or deal with the person doing the bullying. You can talk to an adult about what you would like them to do to help you.

Dealing with Bullying

The 3 'Rs'

Recognize bullying behaviour

Know the definition of bullying

Ask yourself these questions to help you decide:

- Is it unfair? Does one person have more power?
- Was it done on purpose to hurt someone?
- Has it happened more than once?

Refuse to be bullied

Ask yourself:

"Is it safe for me to speak out assertively?"

If it is safe to speak out:

- Stay calm
- Use 'I-messages' to tell them to stop
- Then walk away

You could also:

- Ignore the behaviour
- Stay away from the person doing the bullying
- Find another, safer place to play
- Stay with others or near an adult

Report bullying behaviour

Tell an adult immediately if:

- Someone is unsafe
- Refusing doesn't work and the bullying continues
- You are not sure what you should do

(Adapted from Steps In Respect: Committee for Children, 2001)

Be Part of the Solution

If you witness bullying:

- ☺ Don't just stand around and watch
- ☺ Don't laugh or smile if someone is being bullied

If you see bullying - try these steps:

- 1) Grab some friends and go help the person being bullied
- 2) Tell the student who is bullying to stop what they are doing
- 3) After that, ignore the student doing the bullying and only speak to the student being bullied
- 4) Invite the bullied student to join your activity
- 5) Leave the situation and take the bullied student with you
- 6) Report to an adult

If you feel you can't intervene:

- ☺ Walk away and get help
- ☺ Ask an adult for help
- ☺ Go with the bullied child to get adult help

Tips to prevent bullying:

- ☺ If someone spreads a rumour, don't join in
- ☺ Don't allow someone to be deliberately left out of a group
- ☺ Offer your support and friendship to students who are bullied