

# Intervention and response

## For Students

### What Can Students Do If They are Bullied?

- Tell an adult (at home *and* at school)
- Be assertive, NOT aggressive
  - **Assertive** means looking the person in the eye and telling them clearly and confidently, "Stop It!"
  - **Aggressive** means getting physical with the person and this is the wrong way to handle a bullying situation.
- Give a neutral verbal response to de-escalate the situation (e.g., Say to the perpetrator, "So" or "Whatever")
- Communicate desires in a firm, calm voice (e.g., "Go away and stop bothering me!")

**Always know when to walk away! Your safety is the most important thing!**

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### To ensure your safety:

- Don't go places where bullies hang out
- Travel with others; avoid walking alone
- Beware of signs that suggest the bullying is becoming violent (e.g., Pay attention to body language, take notice when the bullying behavior becomes physical and more aggressive, etc.)
- Immediately get adult assistance if the bully has a weapon
- Know your surroundings - Always know where to go for help

**Never be embarrassed to ask for help!**

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### What Can Bystanders Do When They Know Someone is Being Bullied?

- Get help from an adult when you see or hear someone being bullied
- Avoid gossip; refuse to spread rumors
- Refuse to join in when someone is being bullied
- Create a distraction to draw the bully/bullies away
- Include someone who is being left out from an activity
- Speak up when someone is being bullied

***The fact is that most bystanders at least KNOW the bullying is wrong, but only 35% actually do something to help. To stop this epidemic from spreading, everyone must get involved. So if you see it or hear it happening, do something!***

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