

What do I do if I am bullied?

For Students

Project Prevent and Address Bullying (PPAB)

for Students with Disabilities

Northern Illinois University | School Psychology Program

The most important thing to know when you are bullied is that it is not your fault. You are not alone!

There are many different ways that you can deal with a bully.

If you feel **unsafe**, the first thing you should do is **tell an adult that you trust**. Tell a parent or someone at home and tell an adult at school. If someone doesn't listen, try another adult until you find one who listens to you and wants to help. Bring a friend to talk with an adult if it makes you feel better!

The bully wants you to **react** to their behavior. They usually want to take away any power that you have and make you **sad or scared**. Kids who bully usually lose interest if they aren't given the satisfaction of getting a reaction from you.

So, if you can, try to **ignore** what the bully is saying to you. If you don't get angry when the bully says something mean, they will likely stop bullying you. If they do not stop, talk to an adult as soon as you can.

Use your friends as supports. Get a friend to be with you during times that it happens. Ask a couple friends if they can sit or walk with you

Sometimes trying to be funny when a bully says something mean to you can take away their power to hurt you. If they say your hair is ugly, you could say, "I know, right? I really need a haircut." This lets them think it doesn't bother you, and they may leave you alone next time.

Try to avoid the situation if you are able (walk a different path, etc.).

The first step to ending the situation is telling someone about it and working on ways to stop it. Things will get better and there are adults and others who will help!



NORTHERN ILLINOIS UNIVERSITY

Department of Psychology

College of Liberal Arts and Sciences

Disclaimers: This information was developed under a grant from the U.S. Department of Education, #H325K. However, the contents do not necessarily represent the policy of the U.S. Department of Education, and you should not assume endorsement by the Federal Government. Project Officer, Bonnie Jones. This document was made by incorporating information from a variety of authors and organizations and is intended to be a resource. We do not claim sole ownership over any of the facts or ideas mentioned. A list of common resources can be found on the handout titled, "Resources."