

1. Be confident! Try to remain confident and calm. If they think they can upset you, they will keep doing it.



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2. Keep your real friends close to you. Trust them and keep seeing them and spending time with them.

Don't let the bully make you be on your own.



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3. Stay calm! Speak and behave calmly. Don't let them see that they are bothering you. They will know that they are winning if you react and become angry or emotional.



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4. Be prepared. Think about what you can say to them when they are bullying you. Speak to an adult for help and advice.



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5. React quickly. If the bully realises that they can't get away with this behaviour, they will stop. They want power and don't want people to stand up to them.



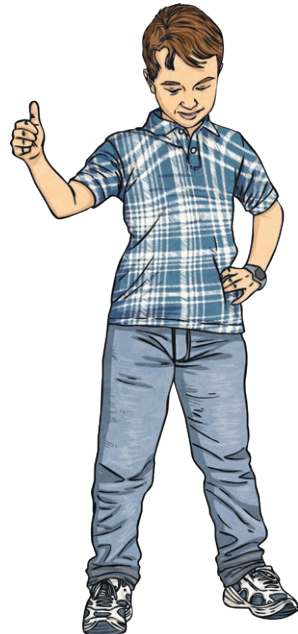
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6. Trust an adult. Speak to them and ask for support and advice.



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7. Keep your power! Don't let them take it away from you. If you think they have taken the power away from you, act quickly. Speak to someone and get help.



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