

# Strategies to Help Resolve and Deal with Bullying

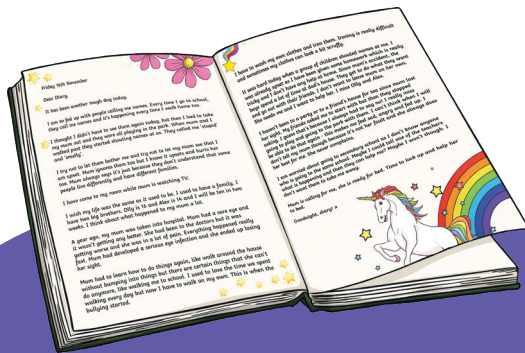


## Strategies to Help Resolve and Deal with Bullying

These discussion cards have been designed so that they can be used with individuals or small groups for discussion. The cards can be cut out and then read aloud so the group can discuss whether they think it would help and how they think it would help. There are also some blank cards so the group can write their own ideas on them and discuss them in the same way.

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**Keep a diary and write down what happened, who did what and when. This will help you provide evidence of the bullying so you can share this information with a trusted adult.**



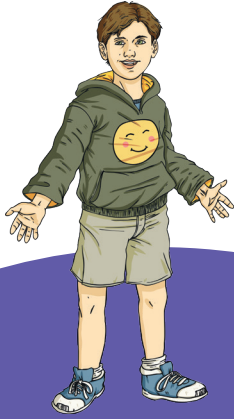
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**Talk to a trusted adult about what is happening. Tell them how you are feeling.**



### Strategies to Help Resolve and Deal with Bullying

**Remember the bullying is not your fault. You have not asked for this to happen to you. Do not feel you have to change.**



### Strategies to Help Resolve and Deal with Bullying

**Keep doing the things you love. Sometimes, you may feel like you do not want to go to football, netball or swimming as the people who are bullying you are there. Do not allow them to stop you doing the things you love. Be brave and carry on. You might want to arrive with your friend and leave with your friend for support but make sure you do not let bullies stop you from doing the things you love.**



### Strategies to Help Resolve and Deal with Bullying

**Be prepared! Think ahead about what you can do or say to stop the bullying or make you feel better. Trying to think about what to do when you are experiencing the behaviour can be difficult so plan and give yourself time to think.**



### Strategies to Help Resolve and Deal with Bullying

**Try to remain calm. If possible, do not react. Often, people who bully want the other person to react by becoming angry or upset. If you remain calm and show you are not bothered by their actions, the bullying may stop. Bullies want to take control away from other people so when you do not give them any power, they will lose interest.**



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**Be brave and stand up to them. The bullying is likely to continue if they think they can do what they want to you. Even if you do not feel brave, try to behave in a brave way as they will not like you standing up to them.**



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