Being bullied sucks! It’s hurtful, scary and confusing. When bullying is aggressive and physical, it can be dangerous. When it’s emotional – like name calling, or cyberbullying – it’s easy to feel alone. If you’re being bullied or see someone being bullied, here are some things to do:

- Try to stay calm.
- Don’t let hurtful words beat you down
- Be a friend - listen, support and speak up (especially if the situation is unsafe).
- Tell them to stop.
- Say nothing and walk away…if you need to, run away!
- Remember – bullies hurt others because something wrong is going on in their lives. Even bullies need help.
- Get off the internet! Avoid checking the internet (even though you want to).
- Delete accounts where you are bullied. Take a screen shot so that you can share it with your parents or others for evidence and support.
- Don’t respond to online bullies – getting into online conversations/chats can make you feel worse.
- Brush it off with humor.
- Tell someone you trust – a friend, parent, teacher, and/or mentor.
- Avoid “problematic areas” – areas around the neighborhood or school where bullying can happen.
- Safety in numbers - keep yourself surrounded by people.
- Spend time with people who make you feel good about yourself (we like this one!).
- Don’t become a bully yourself. Don’t give in to anger. Don’t give in to peer pressure. If you can, be a friend – apologize to those you’ve bullied and support those who are being bullied.
- Ask adults to listen. Tell them: “It’s important.”
- Recognize the signs of depression - sadness, wanting to be alone, poor concentration, sleeping problems, and difficulty in school.
- If you’re feeling very sad or unsafe – always, always find help (best to find a trusted adult).
- If you do not know who to talk to and you feel like you want to hurt yourself. Call the National Suicide Prevention Lifeline at 800.273.8255.

For more information, contact Mental Health America at 1-800-969-6MHA or visit our website at www.mentalhealthamerica.net