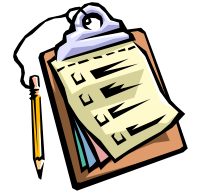


What you can do if you bully and are ready to stop...



- ☑ Talk to someone who can help:
 - an older student, your friends, classroom teacher, guidance counsellor, school principal, sports coach, parents, or any adult you trust

They can help you find ways to get along with other children.

- ☑ Ask a friend to help you stop if you start to bully others
- ☑ Set goals each day to make it easier not to bully - keep your cool (e.g., Today I'll help others rather than hurt them)
- ☑ Understand that you may not like everyone around you, but you do have to treat them with respect.
- ☑ Appreciate kids' differences... different doesn't mean worse or better than you
- ☑ Put yourself in other kids' shoes. Would you want to be picked on, put down, or left out?
- ☑ Apologize to the kids you have bullied
- ☑ Resist peer pressure to bully...do what's right
- ☑ Know that if other kids watch and laugh, it doesn't mean they like it when you bully
- ☑ Be a real leader....real leaders treat others with respect
- ☑ YOU help to make your school a better place by being a positive leader and not someone who bullies
- ☑ If these tips work for you, pass them on to others

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