

What You Can Do If You Bully And Are Ready To Stop

Some Things To Try	Some Things To Remember
<ul style="list-style-type: none"> - Talk to someone you trust, like your parents, a friend, a teacher, a counselor or coach. They can offer support and help you find ways of getting along with others better. - Put yourself in other teens' shoes... think about what it must feel like to be beat up, threatened or excluded. Would you want to be treated that way? - Make an excuse and walk away from situations where you might bully. - Avoid situations where you've been bullied others in the past. - Set goals each day to make it easier not to bully, like "Today I'll help other kids and not hurt them." - Remember that you don't have to like everyone around you, but you do have to treat them with respect. - Say sorry to the kids you have bullied. - Think before you speak... are your words going to help or hurt another student? - Ask a friend to help you stop if you start to bully others. - 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. 	<ul style="list-style-type: none"> - Take responsibility for what you've done and the students you have hurt. - Remember that everyone is unique and different... different doesn't mean worse or better than you. - Know that just because others watch and laugh, it doesn't mean they like it when you target others. - Avoid using stereotypes and labels. See people as individuals, not as sexist, racist and other stereotypes. - It's okay to ask for help. - You don't have to do this on your own... it's hard to change.