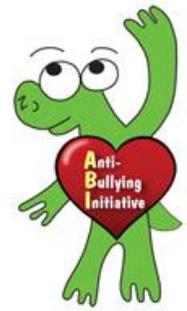


A.B.I. Strategy Sheet

It's not easy when you are the victim of a bully. There are many strategies for victims to use to stop bullying when it is happening to them. Most of these strategies recommend that the victims should be assertive when standing up to the bully.



How should I handle being bullied?

1. Remember: bullying and harassment don't happen because you deserve it! It's okay to feel scared when you're threatened, and it's okay to feel sad or angry about being picked on by a bully—but don't blame yourself.
2. Bullying is not acceptable and should not be tolerated.
3. When dealing with a bully:
 - Take a deep breath and let the air out slowly.
 - Keep your hands at your sides rather than on your hips or folded across your chest.
 - Have a relaxed and purposeful facial expression, not angry or laughing.
 - Maintain eye contact.
 - Speak with a calm voice, loud enough to be heard clearly.
 - Use non-provocative words and a confident tone of voice.
 - Avoid name-calling or making threats.
 - Avoid finger pointing or making threatening gestures.
 - Reply briefly and directly.
 - Avoid bringing up last grudges or making generalizations (*i.e. You always...*).
4. Don't respond to bullies by giving in, getting upset, or fighting back – this will encourage them and may make matters worse. Violence encourages more violence and fails to solve problems. Instead stay calm and be **assertive**.
 - **ASSERTIVE** means expressing one's feelings and defending one's rights while respecting the feelings and rights of others. Potential victims can protect themselves by learning to respond assertively. Assertive responses neither provoke the bully nor reward him or her with submission. An assertive manner also provides a child with an air of self-confidence and a sense of control that can deter a bully's approach from the start.
 - **AGGRESSIVE** means behavior that may prompt a bully or a bystander to increase his or her bullying behavior or become aggressive toward you.
5. If you feel scared, angry or confused at any time—even after it's over—ask for counseling or other support.
6. If you don't want to talk to someone, write down what happened; keep a journal of events/incidents.
7. Get support from your friends—but don't gather them together for a fight or to get revenge!
8. Bring a friend or stay in your group and avoid being alone in situations where you might be targeted by the bully.
9. If you see someone else being bullied, support the victim, not the bully. If you feel safe doing so, tell the bully to stop (this actually works a lot of the time!).
10. Tell your parents or another adult you trust so they can support you. If you don't get help the support you need, tell someone else.
11. If the bullying or harassment doesn't stop, keep telling until you get help.
12. Learn about your Safe School's policy. You can get that information from an administrator.
13. Make a formal complaint to the principal, or someone else in authority.
14. Ask what will happen to resolve your complaint.

Why not try to organize an ABI Group at your school?

Gather together some other students and staff who are interested in stopping bullying at your school, organize a meeting and see what great things you can come up with to help make a difference!

ABI Safe Zones at School: ABI stickers placed on school doors indicate a staff member who has volunteered to be a caring adult and someone you can talk to. They are there to listen about what happened and offer sympathy and support. They can give you strategies for addressing the problem, should it recur in the future. They will keep a detailed record of the incident which will include who is involved, where the incident occurred, whether it has happened before and strategies used to address the problem. This record will reveal any patterns and help everyone see which intervention works best.