

Dealing with Bullying Behaviors

1. Use this helpful tool to determine if someone is causing HARM by exhibiting bullying behaviors:

H—Harmful

A—Actions or words

R—Repeated

M—More than once to hurt or control others

2. If you determine someone is exhibiting bullying behaviors, then:

- Keep calm and breathe deeply.
- Ignore the bullying behavior. Walk away.
- Get help from an adult.
- Travel with friends.
- Send a “Don’t Bug Me” Message*

*“Don’t Bug Me” Messages

TK

1. Name the behavior that is bugging you.

- Describe the behavior that is happening and not the person doing it.
- Speak in a calm voice.

2. Say what you want to happen instead.

- Suggest a new activity.
- Try to think of something you can do together to solve the problem.