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YOUTH HEALTH BULLETIN

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WALLY CAT WANTS YOU TO HELP STOP BULLYING

Do you know a kid who is being bullied? Bullying can make someone feel hurt, sick, lonely, scared or sad. A bully can make everyday activities, like getting on the bus or eating lunch, hard to do.

A bully might do some of these things to another kid:

- Hit, kick or push
- Call names
- Tease
- Scare
- Threaten or make a person do something that he or she does not want to do

Bullying affects a lot of kids

Did you know that more than 75 percent of kids say they have been bullied or teased? Bullying can really make a person feel terrible. Bullying can make school a place to fear and make it a very stressful place.

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Why do some people bully?

For each bully there may be different reasons why they are acting that way toward others. Some reasons include:

- **Looking for attention** — Some kids think being a bully will help them be popular or feel important
- **Copying what happens at home** — Some bullies come from homes where there is shouting and angry people. They may think that is a normal way to act

Ways to avoid a bully

- **Stand tall and be brave** — Sometimes when you are scared of another person it is hard to be brave, but if you act brave often that is enough to stop the bully. He might not feel he has power over you and will leave you alone.
- **Get a buddy (and be a buddy)** — Try to be with a buddy when you think that you might run into the bully. Do the same for a buddy that may need your help.
- **Ignore the bully** — Try your best to ignore the bully and walk away from the bully as quickly as possible.
- **Tell an adult** — If you are being bullied, it is important to tell an adult that you trust. Telling an adult is not tattling on someone who has done a small wrong. Bullying usually is serious.

How do you help someone who is being bullied?

- **Let an adult know what is happening.** Try to explain, as best you can, what you think has been going on. Once an adult knows, he or she may be able to help you or someone else who is being bullied.
- **Be friendly to the kid who is being bullied.** Many kids who are bullied feel left out or alone. You can make that person feel like he or she has a friend. This can also help, because bullies are less likely to pick on someone when they are with another person.

It can be hard to know what to do if you or someone you know is being bullied. Many kids try to fight back against a bully, but that might end with someone getting hurt. The most important thing you can do is talk to an adult about the bully and what is happening.



REFERENCES:

- Nemours KidsHealth.org "What Kids Say About: Bullying" October 2010
- Nemours KidsHealth.org "How Do I Help a Kid Who's Bullied?" April 2011
- Nemours KidsHealth.org "Dealing with Bullies" October 2010

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