

# Dealing with Bullies



The Aussie Hands Foundation Inc.

Bullying is never OK, and it can be really hurtful. Lots of people are bullied every day, so if it ever happens to you, it's good to know what to do.

# 1

## Tell an adult you trust.

Everybody should have people who they can talk to about anything. This might be your mum or dad, a grandparent, a friend, a teacher, or a counsellor. The sooner you tell someone what is going on, the sooner they will be able to help you come up with a way to fix it.

Who are three adults you can trust?

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# 2

## Try not to react

If someone is being mean, you might want to be mean back, but this is not a good idea. Instead, try making a joke, laughing, or just saying 'whatever' and walking away. Bullies usually want a reaction out of you, and if you don't give them one, they will get bored and leave you alone.

What are three things you can say to a bully?

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# 3

## Avoid the bully

If you know where the bully usually hangs out, try and avoid those places.

# 4

## Stay with your friends

It is a lot harder for someone to pick on you when you are with other people.

Who do you like to spend time with at school?



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# 5

## Remember that the problem is the bully, not you.

People who bully other people usually have something going on in their own life that is making them unhappy. Being the target of a bully doesn't mean there is something wrong with you.

When they make comments about your hand, they are commenting on a difference they can see, not about who you really are. Other kids might be bullied for having glasses, red hair, or for being tall!

### What if a teacher or an adult says something mean?

Sometimes an adult might say something that hurts your feelings. It was probably an accident, and they might not know that what they said was hurtful.

You can tell them that what they said wasn't nice. For example, they might have called your hand a name you don't like. You can say to them 'I don't like that word. Please call it my ....!'

If you don't want to talk to the person about it, maybe you can write them a letter and explain why it hurt you. Or you can tell an adult you trust, and they can talk to the person for you.

