

How to Face a Bully

1. Maintain eye contact.
2. Keep your voice calm and even.
3. Stand an appropriate distance.
4. Use the bully's name.

Say things like.....

Not cool.

Knock it off!

That is not a
funny joke.

Friends don't
do that.

Cut it out.

That was not
funny.



It is important to use a strong, calm voice. It is also important to NOT say something mean back to the bully.