

Speaking out!

Bullies like to dish it out, but they don't so much like to be on the receiving end. So if you're brave enough, one way to stop a bully dead in their tracks is to speak up against what they are doing. You might say something like...

- "Knock it off!"
- "Why don't you stop being such a jerk?"
- "You know, if you keep being mean to people like that, pretty soon nobody's going to like YOU."
- "It's not funny; it just makes you seem mean and stupid."
- "I'm pretty sure you have your own problems to worry about. I can tell that just by looking at you right now."

It's awfully tempting to want to give the bully a taste of their own medicine and fire off a bunch of insults back at them. Sometimes a little bit of sting to your words can get the point across. Just remember that the goal is not to be hurtful in return. It isn't to start a back and forth session of name calling. It's just to get them to stop. The whole point of speaking up is to stop cruelty, so we don't need to be adding more cruelty ourselves.



Come up with three of your own statements that you might use to speak out against a bully, and write them in the space below:

1.

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3

