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What should you do if you are bullied?

If you're in danger, get away as fast as you can.

Tell a trusted adult. (Telling isn't tattling; telling will help keep you safe.)

Walk to and from school — and to and from classrooms — with someone. (Bullies usually target kids who are alone.)

Try to stay away from places where the bullying usually occurs. If you must go to those places, then get a friend to go with you.

If you feel safe, then stand tall, look the bully in the eye, and say (in a confident voice), “Leave me alone!”

What shouldn't you do if you are bullied?

DON'T fight back. If you do, then the bully might try to hurt you even more.

DON'T cry. Bullies like to make people cry because that makes them feel even more powerful. If you cry, then the bully might feel even bolder and hurt you more.

DON'T assume the bully will stop tormenting you if you ignore the situation. The bully won't stop on his or her own. Get help from an adult, or stand up for yourself if you feel safe.

What should you do when others are bullied?

Don't join in. Bullies thrive on having an audience. Minimize their power by walking away.

Report the bullying to a teacher or other trusted adult.

Be a friend to the person being bullied.

Try to include the kids who are usually left out.

Sometimes it helps to try to distract the bully or to speak out by saying things like: “Stop hitting her.” “I'm going to report this right away.” “Don't treat him like that.” But always remember that your safety comes first.

**I enjoy visiting schools, libraries, organizations, and book clubs (in person, by phone, or via Skype) to discuss my novels (*CAMP* and *DANNY'S MOM*), the writing process, the road to publication, and my commitment to making our camps and schools safer for everyone.**

**Send me an email ([elaine@authorelainewolf.com](mailto:elaine@authorelainewolf.com)), and let's talk!**