



Sunshine STEPS FOR DEALING W/ BULLIES

- 1.. Ignore the bully and what they are saying**
- 2..Take a deep/calming breath and talk to yourself saying you are a good person and don't deserve this**
- 3...Go to a good friend to talk to and tell them you want to hang out**
- 4...Go to the “Bully” and tell them that you do not want to be bullied any more and if they do not stop, you will get help**
- 5...Go to the teacher and ask for help**