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## What you can do if you or someone else thinks you're a bully

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1. Watch your behavior
  - Are you saying or doing things that are hurtful? Does your behavior of "joking or playing around" upset your peers?
2. Remain silent and walk away
  - If you feel tempted to tease or hassle someone, turn and walk away.
3. Seek help and talk to a trusted adult
  - Some people who hurt others need help. You may discover what triggers you to treat your peers so harshly.



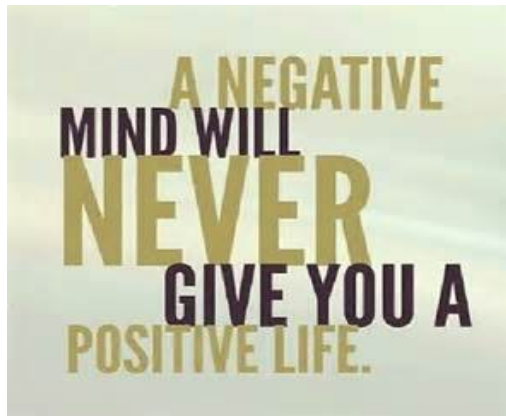
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## Final thoughts:

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*"What if the kid you bullied at school, grew up, and turned out to be the only surgeon who could save your life?" – Lynette Mather*

*"Often the right path is the one that may be hardest for you to follow. But the hard path is also the one that will make you grow as a human being." – Karen Mueller Coombs*



If you have any questions, please give your child's counselor a call or have your child go in and see his/her counselor.

7<sup>th</sup> Grade Counselor:  
Mr. Yonemura 687-9313

8<sup>th</sup> Grade Counselor:  
Mrs. Casuqa 687-9314



Ilima Intermediate  
91-884 Ft. Weaver Rd.  
Ewa Beach, HI 96706  
(808) 687-9300





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## What you can do when you are being bullied

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1. Remember that the bully is the problem and not you
  - No one has the right to insult or mistreat you
2. Tell someone about your experience
  - Find someone you can trust and tell him or her what you are facing. If you have no one to speak to, consider writing your thoughts in a journal.
3. Find safety in numbers
  - Whenever you can, keep people around you
4. Tell an adult at school
  - Chances are, you are not the only person being picked on. You should not have to endure daily misery because you refuse to speak up. BE BRAVE and tell someone!! Telling is not the same as tattling or ratting on someone.
5. Laugh along
  - By laughing, you take away power from the bully as this response will suggest that his/her actions does not upset you.
6. Roll with the punch
  - When a bully teases you, agree with what is being said. (e.g. being picked on for wearing glasses, your response can be "Yep, I've got four eyes, thanks for pointing that out.")
7. Change the subject
  - Say or do something that will distract the bully. (e.g. "Oh no, that teacher is watching us.")

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## What you can do if you witness bullying

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1. Refuse to join in
  - Going along or laughing along provides the bully with encouragement. You can be considered a bully as well by just being around and associating yourself with the bully.
2. Walk away when bullies are acting up
  - You reduce the amount of attention the bully is getting. Walking away sends a message that you don't approve of the bully's actions or words.
3. Distract the bully
  - Change the subject or telling an unrelated joke or just encouraging the bully to do something else can prevent a hurtful incident from happening.
4. Report any bullying you see
  - If you are afraid of what others might say, report it anonymously either by writing a letter or calling a school official and not leave your name.
5. Speak out
  - Get a friend or two to join you and speak out by saying simple phrases like "leave her alone" or "stop picking on him."

"The world is a dangerous place, not because of those who do evil, but because of those who look on and do nothing."

- Albert Einstein

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## What you can do about cyberbullying

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1. **DON'T RESPOND** – You deny the bully the satisfaction of being successful in getting a response from you.
2. Block the bully's attack
3. Change your accounts
4. Record the attack – SAVE ALL emails, instant messages, texts or links, take screenshots.
5. Report the attack to a school official – NO ONE has the right to threaten, harass, or intimidate another person online.



