



## How to Handle Bullying

Bullying is when a person who has more power is mean to someone else over and over again. The power could be physical or something like being popular. Bullying can include making threats, spreading rumors, hurting someone physically, or leaving someone out of a group on purpose. Bullying can happen anywhere — at school, at a park, at home, or online. In fact, nearly 1 out of 4 U.S. middle schoolers and high schoolers has been bullied. Bullying can cause serious problems for everyone involved. Get help from an adult if you are bullied or are bullying. You can learn smart ways to take care of yourself and others.

### Girls who are bullied may

- Feel anxious, sad, or depressed
- Skip school
- Get poor grades
- Have headaches, stomachaches, and trouble sleeping
- Think about, and even attempt, suicide

### Girls who bully may

- Get in trouble in school
- Get poor grades
- Remain bullies as adults
- Be more likely to smoke, use drugs, and drink alcohol
- Be abusive to their spouse or kids as adults
- Think about, and even attempt, suicide

### What if you are being bullied?

- Tell the bully to stop and calmly walk away.
- Tell an adult. An adult may need to get involved for the bullying to stop. Also, an adult can give you advice and support.

- Do not hit the bully. You could end up hurt or in trouble.
- Keep a record of what happened and when.
- See if you can feel better by getting involved in activities you like, making new friends, and celebrating your talents.
- Believe in yourself. You never deserve to be bullied.

### What if you are bullying others?

- Think about how the person you are bullying must feel. You can even ask the person.
- Make healthy, positive friendships.
- Participate in a new activity, such as exercising, volunteering, or drama.
- Talk to an adult you trust about how to change. Most adults will be very proud of your efforts.
- Get help. A counselor or health professional can help you learn ways to deal with any problems you face.

### What can you do if you see someone being bullied?

- Tell an adult.
- Don't be a part of the bully's audience. If you feel safe, tell the bully to stop. If you don't, then walk away.
- Make sure the person who was bullied is okay.
- Tell the person to talk to an adult, and offer to go along.
- Support the person who was bullied. Just being a friend can help them feel better.



Visit [www.girlshealth.gov](http://www.girlshealth.gov) for more information on bullying!

