

Walk proud	Agree with things that might be true	Go to a safe place	Try humor	Stay away from dangerous people
Don't lose your temper	Walk away briskly but do not run	Tell a caring adult	Answer the bully with a firm voice	Tell yourself you can handle the situation
Turn insults into compliments	Watch your body language	FREE	Avoid dangerous areas	Ignore the bully
Look the bully straight in the eye	Turn around and go the other way	Remain calm	Identify the bully's feelings	Talk it out
Go with friends	Believe in yourself	Tell the bully how you feel	use "I" messages	Get help

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Go to a safe place	use "I" messages	Stay away from dangerous people	Believe in yourself	Tell yourself you can handle the situation
Look the bully straight in the eye	Avoid dangerous areas	FREE	Ignore the bully	Agree with things that might be true
Identify the bully's feelings	Tell the bully how your feel	Walk proud	Get help	Turn around and go the other way
Remain calm	Talk it out	Turn insults into compliments	Walk away briskly but do not run	Go with friends

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