



5 TIPS *to* IDENTIFY GIRL-TO-GIRL BULLYING

1. Anyone can be a bully. Even a friend.
2. It can be anything: name-calling, text messages, abusive phone calls, threatening body language and physical violence.
3. Bullying doesn't just happen once. It keeps happening over time. It doesn't stop.
4. Bullies often gang up on one person. But bullying can also be one-on-one.
5. Ask yourself, do you feel good about what you're doing and seeing?



WHAT IS BULLYING?

1. **Exclusion.** Purposefully leaving someone out or threatening to 'break-up,' using the friendship as a weapon.
2. **Gossip and Rumors.** Stories or information spread behind their back, including about being promiscuous, can end up damaging reputations and destroying relationships.
3. **Silent Treatment.** Signaling 'our friendship might be over,' or 'you're not worth talking to.'
4. **Body language** like eye rolling, noises (ach!), mean looks and staring that signals 'I hate you.'
5. **Verbal put-downs** like using sarcasm to be mean, teasing, calling someone a mean name, making repeated abusive phone calls and using phrases after criticism like 'can't you take a joke?' or 'just kidding.'
6. **Hurtful or damaging texts or posts** on Facebook, Twitter or Instagram, even if they end with a 'jk' or 'lol.'



WAYS THAT BEING A BYSTANDER SHOWS YOU AGREE WITH A BULLY

1. Laughing, giggling, ignoring the situation, doing nothing, pointing, staring, whispering to other people about it, gossiping about it.
2. Playing the messenger between bully and victim. If there are problems between friends, encourage them to talk on their own.
3. Spreading rumors you heard.
4. Jumping on the bandwagon. If your friends are ignoring someone, don't ignore her. If you hear a rumor, don't repeat it.
5. Liking or favoriting a mean post on Facebook, Twitter, Instagram or other social sites.



IF YOU SEE BULLYING HAPPENING

1. Talk directly to the victim. Say something to get the victim away like 'let's get out of here.' Ask if she is okay. Ask if she needs your help.
2. Stand near the victim. As others step away, step forward.
3. Provide support. Tell her you're sorry and you don't agree.
4. Tell others to not join in on the bullying. You can make a difference by encouraging others to not join in the bullying.
5. When you talk to other bystanders, use their names and look directly at them. Tell them to stop laughing and encouraging, then tell them to leave.
6. Show empathy. 'I would feel sad and angry too.' 'I'm so sorry this is happening.'
7. Encourage her to tell an adult. Offer to go with her.
8. If you have not seen the bullying, but suspect it is happening, ask. Voice your concern.



IF YOU ARE BEING BULLIED

1. Leave the situation. Try to do this before things escalate.
2. Respond directly to the bully. But take time to figure out what to say. Be assertive and confident. Keep a calm and steady voice.
3. Ask for help. If you see someone you know, call them by name. If no one you know is close by, ask whoever is standing close.
4. Use fogging – using neutral or agreeing statements to respond without escalating the situation. Try things like, “Maybe.” “That’s your opinion.” “Whatever.”
5. Use a comeback line. Stump them and make them think twice, but it is not meant to anger the bully. You could say, “Whatever you say.”
6. If you decide to respond, take time and practice. Be assertive and confident but not aggressive. Keep a calm voice and keep eye contact.



HOW *to* BE A GOOD FRIEND

1. Be a good listener. Don't interrupt. Keep eye contact. Give supportive advice if asked.
2. Be honest. Keep what she says private.
3. Be loyal. If you hear people talking about your friend, stand up for her.
4. Be supportive and offer advice. Offer comments that make her feel that she is not to blame.
5. If you have a disagreement, be assertive but not aggressive. Ask for what you want in a firm but respectful way without intentionally hurting her.
6. Be proactive. If you know someone who has been bullied who doesn't have friends, reach out to her.
7. Introduce her to your friends. Say nice things about her to other people.



WHAT TO DO IF YOU ARE A BULLY?

1. Think about the victim. How would it feel?
2. Learn to control your anger and aggression. Choose to be assertive rather than aggressive. Think of the consequences of your actions.
3. Think before you post online. If you wouldn't say it to her face, don't post it or text it. If you are angry or upset, put down your phone and don't post anything.
4. Find a more productive way to deal with anything you are going through. Talk to friends, play a sport, join a club, write in a journal or exercise. All are great ways to let off steam.
5. Apologize to former victims if possible. Do it privately. Don't be upset if they don't forgive you immediately. Show them the "new you."
6. Ask teachers or counselors if you can help other bullies or victims.
7. Set goals for how to stop bullying. "I will not start gossip today." "I will say something nice today."
8. Make new friends. You make be hanging out with people who encourage your bullying habits.