

Ask Professor Green Bear: Bullying- The Target



Dear Professor Green Bear,
I do not know what to do! There is a kid in my school who is always making fun of me. Other kids laugh and it makes me sad. Now the kid is saying things about me online. I am starting to get scared.
-please Make it Stop

DEAR PLEASE MAKE IT STOP,
I AM SO SORRY THIS IS HAPPENING TO YOU AT SCHOOL, AND NOW ONLINE. IT SOUNDS LIKE YOU ARE BEING BULLIED VERBALLY. THAT IS WHEN SOMEONE CALLS ANOTHER NAMES, MAKES FUN OF HOW THEY LOOK OR ACT, OR THREATENS THEM.
WHEN THIS HAPPENS TO A KID, MANY TIMES THEY FEEL DISCOURAGED, DEPRESSED, LONELY, OR FEARFUL. I WANT YOU TO FEEL SAFE AT SCHOOL AND AT HOME. FOLLOW THE DIRECTIONS BELOW TO STOP BULLYING BEHAVIORS FROM OCCURRING.
YOUR FRIEND,
PROFESSOR GREEN BEAR



To stop someone from BULLYING you . . .

Walk Away

Ignore that person, and do not show that you are angry, upset, or sad.

If they continue, **talk it out.**

Tell a Grownup

- If you do not feel safe
- If you have tried **Talking it Out**
- If you are afraid they may hurt you physically

Talk it Out

(If you feel safe)

- Ask the person who is bullying you to stop.
- **Act Confident-** Stand straight and tall, remain calm, and make eye contact.
- If neither of these plans work, talk to a grownup.