

THE FIVE BULLY-PROOF TECHNIQUES

#1 Avoid the Situation

Parents can explain that one technique is to avoid the bully. Their child can ignore the bully. For example, your child can pretend the bully doesn't exist, stop making eye contact, or play in a different area or with different friends.

#2 Use "I Feel" Messages

Another technique that a child can use is to tell the bully how he or she feels. For example, "I feel really hurt when you say those things about me," or, "How would you like it if I said those things about you?"

#3 Use Humor or Agree

Humor or agreeing with the bully is a technique that catches them off guard. For example, your child could start acting like a baby if a bully calls him or her a baby, or your child could say, "You are right, I do act like a baby; isn't it funny?"

#4 Say "Stop It!"

When a child feels threatened, he or she could choose to yell, "STOP IT!" very loud. The loud yell will startle the bully and get the attention of bystanders who should help him or her.

#5 Get Help from an Adult

If a child has used one or more of the techniques and continues to be bullied, then he or she needs to get help from an adult. Parents need to explain that if an adult does not help the child feel safe, then the child must continue to find an adult who will help.