

Name: _____

Strategic Response Plan

Step 1

Are you being bullied?

- Ask the question, Does this bother me?
- Ask yourself how you feel about what is happening. Different students can feel differently about the same situation. This affects the way they respond. Is the situation something you need to get help for, or can you handle it?

Step 2

If you are being bullied:

- **Be assertive.**
Stand up for yourself in a positive way. If you look confident when you respond, it will show you mean what you are saying, such as, "I don't think the comments you are making are funny."
- **Use humor.**
This can be very effective in teasing and verbal bullying situations but may not be appropriate for every situation.
Try to think up funny or clever replies in advance. Replies don't have to be brilliant or clever, but it helps to have an answer ready. Using prepared replies works best if the student who is bullying is not too threatening and just needs to be put off.
- **Avoid the situation.**
Try to avoid being alone in the places where you know the person bullying is likely to pick on you. This might mean changing your route to school, avoiding parts of the school grounds, or only using common rooms when other people are there. It's not fair that you have to do this, but it might discourage the student from bullying.
If the bullying is via text messaging, then it might be as simple as getting a new number and only giving your number to friends and family whom you trust.
- **Ignore the bullying.**
Students who bully want to get a reaction; they think it's fun. If you can keep calm and hide your emotions, they might get bored and leave you alone. As one teenager said, "They can't bully you if you don't care."
- **Ask the student who is bullying to repeat what they said.**
Often, students who are bullying are not brave enough to repeat the remark exactly, so they tone it down. If they repeat it, you will have made them do something they hadn't planned, and this gives you some control of the situation.
- **Walk away.**
Walk away and use positive self-talk to help boost your confidence, such as, "I don't deserve to be treated like this. I am not the one with the problem."
Remember, it is hard for the bullying to go on when the person being bullied won't stand still to listen.
- **Don't fight back.**
Most students who bully are bigger or stronger than you. If you fight back, you could make the situation worse, get hurt, or be blamed for starting the trouble.
- **It's not worth getting hurt to keep possessions or money.**
If you feel threatened, give the students who bully what they want, and then get help.
- **Keep a diary.**
Write down details of the incidents and your feelings. When you do decide to tell someone, a written record of the bullying makes it easier to talk about what is going on.
- **Ask for help.**
When other strategies you have tried are not working, or if you feel you can't deal with the situation yourself, you should get help. Getting help is not tattling. It is always OK to ask for help.

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- **Tell a friend what is happening.**

Ask him or her to help you. It will be harder for the students to bully you if you have friends who give you support.

If you are being cyberbullied:

- Save the evidence.
- Block the person who is cyberbullying you.
- Check that your social networking site profile is set to private.
- Try to find out who is cyberbullying you and why.
- Ask for advice from a friend about how to stop the cyberbullying.
- Tell an adult, or report bullies to the service provider.