

How to Deal with Being Bullied

If you have been bullied, it may [affect you in many ways](#). You may not want to go to school or may find it hard to do your homework. You may be losing sleep, eating more or less than usual, having headaches or stomachaches, or getting sick more often. **Know that you do not have to feel this way.**

Your Feelings are Important

- **Do not blame yourself.** It is easy to question whether you are the problem. But no matter what someone says or does, you should not be ashamed of who you are or what you feel.
- **Be proud of who you are.** No matter what they say, there are wonderful things about you. Keep those in mind instead of the disrespectful messages you get from the people who are bullying you.
- **Do not be afraid to get help.** Sometimes it helps to just talk to someone who is not personally involved. Teachers, counselors, and others are there to help. Seeing a counselor or other professional does not mean there is something wrong with you.

What to Do When You Are Being Bullied

The first priority is always your safety. Here are some strategies for you to consider:

- **Tell them to stop.**
- **Walk away.** Do not let them get to you. If you walk away or ignore them, they will not get that satisfaction.
- **Protect yourself.** Sometimes you cannot walk away. If you are being physically hurt, protect yourself so that you can get away.
- **Tell an adult you trust.** Talking to someone could help you figure out the best ways to deal with the problem. In some cases, adults need to get involved for the bullying to stop.
- **Find a safe place.** Go somewhere that you feel safe and secure like the library, a favorite teacher's classroom, or the office.
- **Stick together.** Stay with a group or individuals that you trust.
- **Find opportunities to make new friends.** Explore your interests and join school or community activities such as sports, drama, or art. Volunteer or participate in community service.