

How to Deal with Being Bullied

If you have been bullied, it may affect you in many ways. **Know that you don't have to feel this way.** There are resources that can help.

What to Do When You Are Being Bullied

- **Tell them to stop.**
- **Do not blame yourself.** Remember that no matter what someone says, you should not be ashamed of who you are or what you feel.
- **Be proud of who you are.**
- **Talk with someone you trust.** Talking to someone could help you figure out the best ways to deal with the problem. Reach out to family members and friends you trust to discuss the problem.
- **Do not be afraid to ask for help.** Talking to a counselor or health professional can help you get through the emotional effects of bullying.
- **Policies and laws may apply to you.** Federal, state and local law may also offer you protection if the bullying has risen to a certain level. Many schools, colleges, and places of work also have policies against bullying or other related behaviors. Reach out to representatives in your community to find out more about what assistance is available to you.