



# A VICTIM?

➤ If a bigger kid or older kid is calling you names or teasing you in a mean way, use a neutral comeback with a poker face and a calm voice like, "We'll have to disagree on that."

➤ Use a comeback in the moment and walk away:

Nice try.	That makes <u>you</u> look bad.	I don't think so.
Not even close.	Yeah, right.	That's getting old.
Whatever.	Your point is?	Oh clever!
Dude—No.	That's weak.	Give it up.

You say that as if you're opinion matters.

➤ If what they are saying is true, smile and agree with them:

Thanks for noticing.	No kidding.	What a surprise.
You miss nothing.	Big deal.	What else in new?
Nothing gets past you.	Wow! Now there's a news flash.	

➤ Respond with a compliment or kindness. Take the high road.

➤ Stand up for yourself if the behavior continues. Confront assertively in the moment (eye contact, poker face, calm voice) and then walk away.

➤ Check with other students. If others are being bullied or harassed by the same person, do a friendly group confrontation (four maximum) when the person is by himself your herself. Never confront in front of the aggressive student's friends.

➤ If someone is pushing, shoving or threatening you: Stay cool and say something like "A fight with you isn't worth me getting suspended or expelled." Walk away calmly and with confidence. If they start to follow you, don't run or turn around. Walk to the nearest adult and ask for help.