

Stop It!

If You are Bullying

So, you looked into Shannon's Magical Mirror and saw that you were bullying. Are you surprised? Lots of kids don't realize that how they treat others is bullying.

Wondering what you can do about it? Leave it to super-smart Chandra to have some answers. Here's what she just learned from book called *I Used to Be a Bully* by I.M. Nicer.

Reasons Kids Bully

- Feel bad about themselves.
- Have been bullied by another kid.
- Feel scared and angry.
- Don't know how to handle feelings.
- Feel powerful and in control when hurting others.

Cool Ways to Stop Bullying

- Learn new ways to handle your feelings (fear, anger).
- Talk with your mom and dad.
- Do something else instead of bullying (ride a bike, write down feelings, draw pictures, talk to someone who cares about you, walk away).
- Buy a treat when you DON'T bully.
- Role-play with your mom or dad to understand how kids who are bullied feel.
- Think up different ways you could act in a situation.

Chandra's Footnote

Hi. I'm really glad you want to stop bullying. It sounds funny, but you're really more in control when you choose NOT to bully.