

Stop It!

If You are a Target

So, you are being bullied. The first thing you should know is, it's not your fault. Nope. Not one little bit. No one deserves to be bullied, never, ever, ever. No way. No how. Uh-uh. Never.

Carmen can help you stop the bullying! When a meanie tries to put you down, pipe up with Carmen's Quick Comebacks!

Check out some of Carmen's Quick Comebacks

(Warning: *Using these tips may result in bullies running away and leaving you alone!*)

Carmen's Quick Comebacks

The Bully's Test	Quick Comeback	Why It Works
"Hey! Stupid!" or other name calling.	Ignore the bully.	Bullies want to upset you. If you ignore them, they don't get what they want. And that's good for you!
"I'm gonna beat you up!" or other threats.	Yell as loud as you can.	Bullies don't want others to know what they're up to. If you attract the attention of someone nearby, the bully will back off.
"Just you wait 'til I find you alone!"	Stick with others.	Kids who bully hate a crowd. If you hang out with a friend or an adult, bullies are less likely to do anything to you.
"Ha. Ha. What a crybaby!"	Smile—or at least don't look upset.	Bullies feel powerful when they upset you. If you look cool as a cucumber, the bully has no power.
"You'll be sorry at recess!" or at lunch, or on the bus...	Stay away from where bullying happens.	Bullies want to get you into unsafe areas where they can be in control. If you avoid danger spots, you'll be safer. If bullying happens: <ul style="list-style-type: none">• by your locker, ask a

		<p>teacher for one in a new location.</p> <ul style="list-style-type: none"> • on the bus, sit up front by the driver. • in the lunch room, ask your teacher if you could change seats or sit closer to the adults. • on the playground, stay near adults or other kids that you trust.
“You’re a shrimp!”	<p>Agree with the bully.</p> <p>“Yes, I know that many of the kids in the class are taller than me.”</p>	<p>Bullies count on you to argue with them.</p> <p>If you just agree, there’s nothing more for the bully to say.</p>
“You’re still a shrimp!”	<p>Make a joke—then make like an egg and beat it.</p> <p>“I might be small, but I am tall enough to touch the ground.”</p>	<p>Humor takes the power out of bullying—and shows that <i>you</i> are in control.</p>
“Hey, four-eyes!” or other comments about your disability.	<p>Give the bully some facts.</p> <p>“I wear glasses because I have an eye disease that has hurt my vision. With my glasses, I can see and read better.”</p>	<p>Sometimes kids bully because they don’t understand why someone is different.</p> <p>If you give the bully some facts, you do two things:</p> <ul style="list-style-type: none"> • you show you’re not upset • you might take away the bully’s reason for picking on you
“Time for your daily punching!”	<p>Say “stop it!”</p>	<p>Bullies want targets who won’t stand up to them.</p> <p>If you stay calm and tell them to leave you alone, they are more likely to stop picking on you.</p>
“What a dopey outfit!” or other insult.	<p>Laugh. Sing. Dance. Yodel.</p>	<p>Bullies count on you acting upset.</p>

		If you do something unexpected instead, it shows you're not bothered in the least.
"We don't want <i>you</i> to play."	Be direct. "I don't like being left out. I want to play."	Bullies want you to just accept what they say. If you tell them directly how you feel and what you want, you let them know they aren't in charge.

Carmen's Insider Info

Hi. I think you are doing a great job at stopping kids who bully you! Want to learn more? Let's [watch this video](#) on what you can do to stop bullying.

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