

Bullying

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We are going to be talking about how to prevent from being bullied.

One way to deal with the bully is to deal with the problem quickly and to do that is to tell a trusted adult. Also the bystander can try to help fix the problem and to do that the bystander should not follow what the bully does. If the problem is outside try to ignore the bully. If the bully won't go away try to ignore them again and if that doesn't help tell an adult. So if you are bullied these are some ways to deal with it. These are some things that we learned from the play. In the next paragraph we will be talking about some more strategies to prevent from being bullied.

Now we will be talking about S.T.O.P.

S is for Standing up to the bully. T is for Tell a trusted adult. O is to Offer some help. P is for Preventing the bullying. Next we will talk about what the bully can do to be nice. If you are the bully always think about your movements before you do them. Now if you are the bystander don't join in with the bully. Bystanders are great helpers to the person being bullied. The other thing is you have to stop the bully from bullying other people. If you are the one being bullied the things you can do are defend yourself by speaking up. If that doesn't work, deal with it right away by talking to a trusted adult. The thing to bullying is if someone is feeling bad or upset they want you to feel the same way they feel.

The next thing we will talk about is B.U.L.L.Y.

The B represents Bad Behavior. U represents does not Understand how to treat people nicely. L represents lonely and wants friends. The other L represents Lots of meanness inside. Y represents Yells at children big and small. A thing about bullies is that they are the people who sometimes aren't popular and want attention but don't know how to get it. Sometimes bullies also have problems because something happened to them in their lifetime. So there are some suggestions of how to prevent bullying and why some people are bullies to others.



We hope that none of you deal with this problem in life. But if this happens to you, you can follow these tips so you can fix the problem and never get bullied for a long, long time. Remember don't follow what that bully is doing. Be a bystander and help your friends to fix the problem. We hope nobody gets bullied in life.