

# ANTI-BULLYING LESSON – GRADE 6

## *What is bullying?*

Bullying is when one or more people repeatedly harm, harass, intimidate, or exclude others. Bullying is unfair and one-sided.

### *Tips for dealing with bullying:*

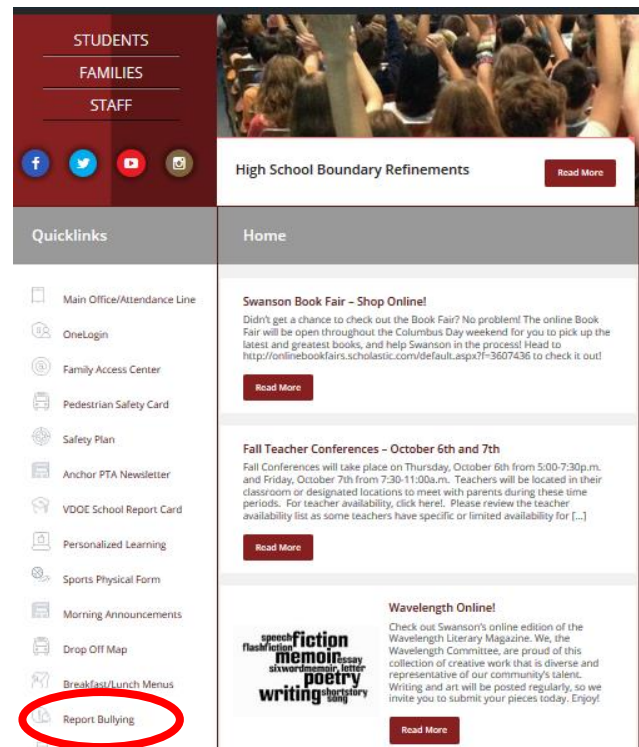
**Tip 1:** Tell yourself it's not your fault.

**Tip 2:** Stay in control. Don't retaliate by fighting or bullying back. This usually makes things worse.

**Tip 3:** Tell the person you are bullying to stop, if you feel safe and confident doing so.

**Tip 4:** Avoid places or situations where bullying happens. If you can't, keep someone you know or an adult nearby.

**Tip 5:** Get support from a trusted adult (family member, teacher, counselor, etc.)



***Remember Swanson's  
anonymous bullying  
report!***

***October is National Bullying Prevention Month!***

[www.secondstep.org](http://www.secondstep.org)