

Do you bully?

Sometimes you may think that you're just joking around or joining in, but others may be hurt by your behavior.

Take a Step Back

- **Put yourself in their shoes.**
- **If it seems like you are hurting them, stop.**
- **Ask them how they feel.**
- **Do not let your friends bully others.**

Make it Right

- **Apologize.** Saying "I'm sorry" goes a long way.
- **Resolve to do better.** Although you cannot change what has happened, you can change how you treat others in the future.

Ask for Help

- **Speak with friends or family members.** They may have good ideas about what you can do to change how you treat others.
- **Talk to a professional.** Talking with a counselor or a health professional may be helpful. Sometimes it's good to talk with someone who is not personally involved to help you find solutions.

ADAPTED FROM: stopbullying.gov