



Buckstone; Beating Bullying



What are my options? Advice for children

Tell an adult.



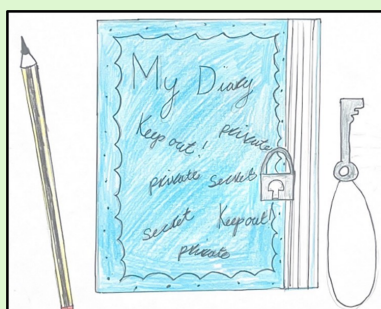
Find a way of dealing with your feelings. For example, read, listen to music or meditate.

Have the last laugh by laughing, using a funny retort or making a joke.



Try to ignore it, a bully's words become powerless if they have no effect.

Ask them to stop. Sometimes people do not realise how their words or actions are affecting you.



Keep a diary—this is a good way of keeping a record of events.