

## FOGGING

Do not respond to insults with more insults, as this can develop into a nasty argument that doesn't help anyone.

Reply to taunts with short bland responses such as **“maybe”** or **“if that's what you think”**. Then walk away.

## SCRATCHED CD

When a bully is asking you for one of your possessions, try repeating something such as **“no, this is my pen, and I need it”**, until the bully goes away.

**Stop immediately if your safety feels threatened** and follow the 'Distraction' method below.

## DISTRACTION

If a bully is threatening you with harm for a possession, you must give it up. Absolutely no item is more important than you!

Throw the item high up in the air in the *opposite direction* to the bully. While the bully chases it, you can run away and report the incident to an adult.

**Remember: Run! Yell! Tell!**

## CREATIVE RESPONSE

Often the type of thing a bully will pick on will be predictable. Why not **prepare some responses** that will confuse and deter the bully. For example:

Insult: “I don't like your ginger hair”

Response: “Cry me a river, build me a bridge and get over it!”

## SAY “NO!!!”

Use a **deep loud and strong voice**. Look the bully directly in the eye and say **“NO!”**

If in a playground or area where adults are not very close by, shout this in your loudest deepest voice to attract their attention.

