

Coping Step Plan for Dealing with a Bully

Act confidently and bravely. Don't let the bully upset me. Think helpful thoughts and be assertive. Remember that I am not alone and can ask for help if I need to.

Practice talking with a brave voice and acting confidently. Practice walking tall with my head up and smiling.

Come up with some strategies that I can use with the bully. E.g. Hang out with some people who are bigger or older than me for a little while. The bully will be unlikely to pick on me when I am with them.

Tell mum and dad or the teacher about the problem.

Talk to a friend about the bullying problem. Ask for advice and support.

Tell the bully to "Stop!" and that you don't like it using a confident and assertive voice.

Recognise that there is a problem and that I need to do something about being bullied.

Helpful Thoughts for Dealing with a Bully

"If I look and act confident, and show that I am not afraid, the bully will leave me alone. I can always ask for help."

"I can practice being confident and brave. The bully won't bother me then."

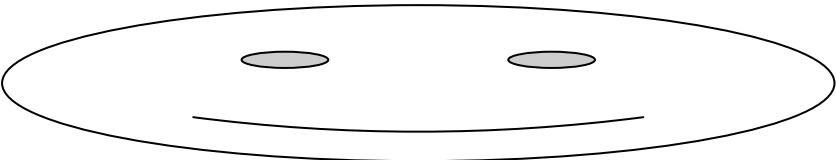
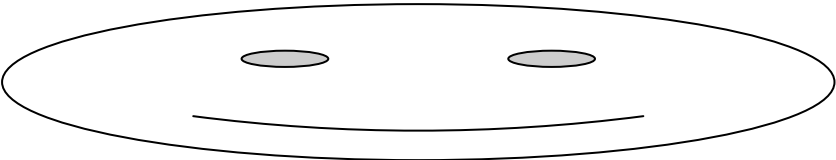
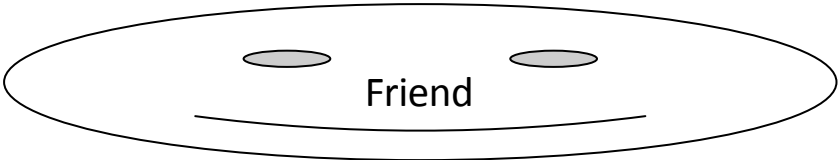
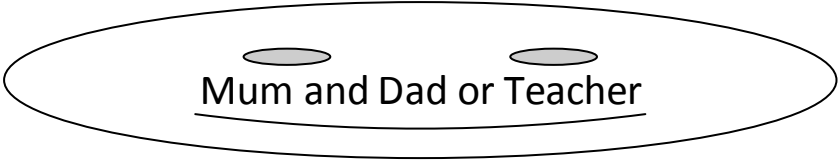
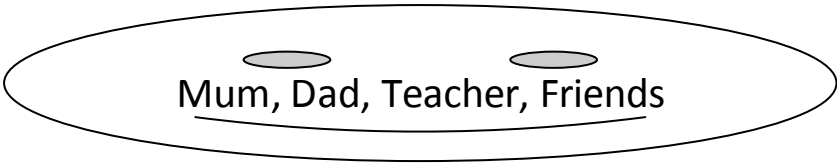
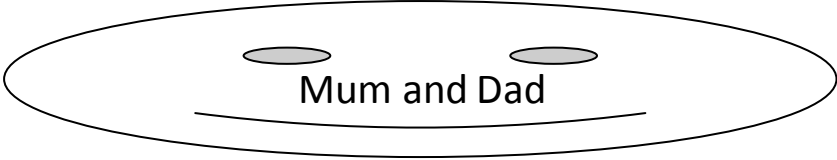
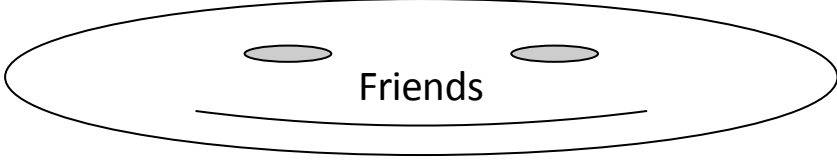
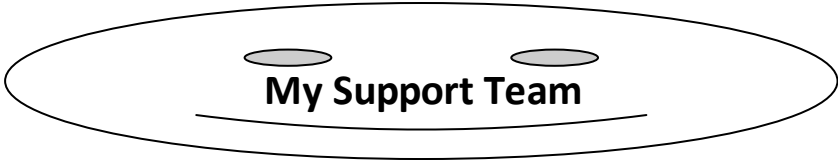
"I have got some strategies that I can use to help me deal with the bully. I can do this!"

"If my family and teacher know what is happening, they will be able to help me."

"My friends will understand. I am not alone."

"I am sticking up for myself. I can do this!"

"I don't have to put up with this."



My Rewards

Enjoy a fun game with my family to celebrate standing up to a bully.

Have a photo taken with a brave and happy face and stick it on the fridge.

Read/share a story with someone in my family.

Enjoy some relaxation time with a family pet.

Do something fun with a friend. E.g. play a game.

Feel proud of myself for trying to do something about this problem myself.

Feel happy with myself for recognising that there is a problem.