

A bully can be a boy, a girl, or a group of kids.

A bully acts tough and hurts others by

pushing,

hitting,

teasing,

threatening,

name calling,

picking fights,

or doing other mean things.



A bully may push others around

because he doesn't know how to make friends

or because **he** was pushed around himself.



You can stand up for yourself
when a bully tries to boss you around
or threatens to hurt you.

You can stay calm,
stand tall,
and look the bully in the eyes.

You can also walk away or ask a grown-up for help.

What can you do if someone teases you about something that you are wearing?



You can be confident.
Smile and say, "I like what I am wearing,"
and then calmly walk away.



Why?

Because being confident shows that you can
stand up for yourself by being happy
with who you are and how you look.