

Bullying Newsletter Insert

A new school year presents a great time for new beginnings and exciting expectations for what lies ahead. Unfortunately, bullying can make a new school year not so great if you are the victim.

If you find yourself in this situation, you can do several things to peacefully resolve it. Here are some tips.

- Speak up. Tell the person that is bullying you that they are hurting your feelings. Many times, young people, especially those that may be your friends, may not even realize that they are being bullies or hurting you with their words or actions.
- Stay confident. Don't let a bully know they are bothering you. It may only make the situation worse. Calmly walk away from them.
- Talk to a caring adult. In some situations, especially if the bullying is ongoing or getting worse, it's better to address the issue with an adult. Teachers, parents, principals and guidance counselors are all good options. If you don't feel comfortable talking to them in front of others, ask to talk to them in private.
- Be proactive. Find outlets in your school and community that could help you stop bullying. 4-H offers many programs that can teach you team building and leadership.

It's never okay to bully someone or to be silent while someone else is bullied. Try to put yourself in the shoes of the person who is being bullied. Victims of bullying tend to feel lonely, depressed, embarrassed or have low self-esteem. Chances are you would never want to feel that way yourself. Always think how your actions or words could affect someone before you act, speak or post something online.

For more information on ending bullying, contact the (COUNTY NAME) Extension office.

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