

Look Around...The Victim**Looking Bullies in the Eye:  
Tips for Standing Up to Bullies**

- Take a deep breath and let the air out slowly.
- Sit or stand tall, head up.
- Keep your hands at your sides rather than on your hips or folded across your chest.
- Have a relaxed and purposeful facial expression, not angry or laughing.
- Maintain eye contact.
- Speak with a calm voice, loud enough to be heard clearly.
- Use non-provocative words and a confident tone of voice.
- Avoid name-calling or making threats.
- Avoid finger pointing or other threatening gestures.
- Reply briefly and directly.
- Avoid bringing up past grudges or making generalizations (*You always...*).

**EYE  
OPENER**

**Each day, 160,000 children in the United States stay home from school for fear of being bullied.<sup>6</sup>**

One way to help children escape their victim role is to change their outlook from one of *helplessness*—there is nothing that can be done to stop the bully—to one of *confidence*—there are specific things that victims, bystanders, and adults *can do* to stop the bully. Each time a child practices an assertive response, fearful and helpless thoughts are replaced by strong and confident ones.