

# Bullying

## Cooperative Extension • Delaware State University

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### Tips for avoiding bullies:

- **Ignore the bully and walk away.**
- **This makes you courageous, NOT a coward!**
- **Hold the anger! Bullies want to see if they can control your emotions.**
- **Don't get physical. Doing so may backfire.**
- **Talk about it – With a trusted adult, like a teacher, mentor or counselor.**
- **Find your (true) friends - Your peers can help you feel better**

Adapted from [www.Kidshealth.org](http://www.Kidshealth.org),  
"Dealing with Bullies"



A bully is someone who repeatedly hurts others using physical, verbal or psychological tactics. Bullying includes intimidation, name calling and isolation. Bullying affects everyone involved: the victim, the ringleader, outsiders who join in, and the families of the victims.

It is believed that bullies have poor social skills and/or have keen insight into other's mental states. Victims of bullying usually suffer consequences beyond embarrassment.

They may have low self-esteem, develop poor health, and contemplate suicide.

Early signs of a bullied child may include injuries, fewer friends, restless sleeping pattern, passiveness, or fear of returning to school. A child who is bullying others may tease, threaten or kick other children. The child may be hot-tempered or impulsive, aggressive toward adults, and/or may show no remorse for his or her actions.

Source: COPS, US Dept. of Justice

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