



Can Carlos Refuse Safely?

Things Carlos should consider to be sure it is safe for him to refuse bullying:

Is it safe for me to refuse?

Things that might make it unsafe to speak out and refuse on your own:

- The person bullying you is older or bigger than you are.
- More than one person is ganging up and bullying you.
- You have no friends who can help you.
- No adult is nearby.
- You feel trapped.

Remember, anytime you don't feel safe, get help from an adult.

Things to Do When Refusing Bullying

1. Check your feelings.
 - “I feel _____.”
2. Stay or get calm.
 - Take three deep breaths. Between each breath, say two or three short words that remind you to get calm.
 - Imagine yourself speaking in a strong, clear, respectful voice.
 - Take a deep breath and try it.
3. Use assertive behaviors.
 - Stand or sit straight and tall.
 - Look at the person doing the bullying.
 - Say strong, clear words that mean “Stop!”
 - Label the behavior.
4. Walk away calmly after you have spoken out.

The Four Ws of Reporting Bullying

1. Who was involved?
2. What happened?
3. When did the bullying occur?
4. Where did the bullying occur?

Bullying Situations

Situation 1

At recess, two students are threatening to cut a classmate's clothes with scissors. They are also trying to poke him with the scissors.

Situation 2

During the first week of soccer practice, two teammates gang up on you every day. They elbow you as you play, and they call you "slowpoke."

Situation 3

You and a friend are walking home from the park. As you turn the corner, three older students jump out from behind a bush. They demand all your money. You and your friend are scared. You have seen these students before, and everyone knows that they bully people.