

## **BULLYING – STRATEGIES WHICH MIGHT HELP**

There are some strategies you can use against bullies but these will take practice. Use them and they will build your confidence and help you stand up to the bully.



1. Agree with the bully: say things like 'You're right' or 'That's true' or 'I see what you mean'. Then walk away.
2. Ask questions: When the bullying consists of teasing or name-calling, ask questions such as 'How do you know I'm stupid?' or 'What exactly do you mean by stupid anyway?' or 'Do you know any other people who are stupid?' or 'Have you compared me to them to find out who is more stupid?'
3. Use fogging: Fogging is used to confuse the bully. For example, if the bully called you fat, you could reply with 'You may be right. I could lose a few pounds'. Or, if the bully called you ugly, you could say 'I could be better looking'. Seeing that it doesn't bother you (even though it does really!) will make you less of a target.
4. The broken record: repeat the same response over and over again. For example, after everything the bully says respond with, 'That's your opinion'.

Examples:-

When the bully makes a statement (as in the script) look the bully in the eye and give your response calmly, nonchalantly, without any hostility.

Bully: You have a great big nose  
Target: True, it is large

Bully: It looks like a beak  
Target: True, it does stand out

Bully: You are the ugliest kid in the school  
Target: That's your opinion

Bully: You are wearing pov shoes  
Target: You are not wrong

Bully: You must be stupid to keep agreeing with me  
Target: That's true

Bully: You keep saying that's true  
Target: That's true

In the next part of this exercise reply by asking a question which can surprise and put the bully on the 'back foot.'  
Look at the bully with mild curiosity.

Bully: You are such an idiot.  
Target: Why do you think so? (Wait for the answer)

Bully: Everybody hates you.  
Target: That's interesting. Why do you think that? (Wait)

Bully: You are always in the library at lunch time  
Target: That's right. Why does that concern you? (Wait)

Bully: All those kids in the library are nerds  
Target: It may seem like that to you.

Bully: You have no friends  
Target: That's what you think!