**Please read the following:Bullying – Safety Discussion**

What not to do when Bullied:

* Think it is your fault. Nobody deserves to be bullied!
* Fight back or bully a person back
* Keep it to yourself and just hope the bullying will "go away." Make sure you report the bullying.
* Skip school or avoid school or afterschool activities because you're afraid of the bully
* Be afraid to tell. Telling is NOT tattling! It's the right thing to do!
* Hurt yourself. Nothing is that hopeless that it can’t be resolved. As painful as bullying is, NOTHING is ever that bad that you should hurt yourself in any way.

Boundaries or limits can be established everywhere as it is possible your parents have established boundaries at Home such as Telephone, Internet, food access, computer, video games, who can go into your bedroom and when etc

Someone is breaking the Boundary rules: When you are uncomfortable, see others bullied, tries to get you to do something you know is wrong, when it is being kept a secret.

Boundaries Define how others treat us:

* Have you ever declined to join in on an activity that you really wanted to do because someone else talked you out of it?
* Have you ever concealed how you really feel about something because of a fear of how other people would react?
* Have you ever spent too much time doing things for other people and been frustrated that you don’t spend enough time doing things to support yourself?
* Have you ever pretended to agree with something or someone when you really did not agree?
* Have you ever chosen not to tell on someone who broke the rules because that person asked you not to tell?
* Have you ever gone along with an activity even though you didn’t really want to go along with it?
* Have any of you seen any bullying?
* Is this always in person or via social media?
* How do you think we should handle it?
* How do you stand up for someone else in this kind of situation?

Ways to combat Bullying

How to standup to a bully when you feel safe

What might Good comeback lines be?

What not to do when Bullied:

* Think it is your fault. Nobody deserves to be bullied!
* Fight back or bully a person back
* Keep it to yourself and just hope the bullying will "go away." Make sure you report the bullying.
* Skip school or avoid school or afterschool activities because you're afraid of the bully
* Be afraid to tell. Telling is NOT tattling! It's the right thing to do!
* Hurt yourself. Nothing is that hopeless that it can’t be resolved. As painful as bullying is, NOTHING is ever that bad that you should hurt yourself in any way.

Please write one page on how to combat bullying either in person or online and what you can do to help someone else should you see someone else being bullied. Please email to Sally Cunningham [scunningham@holyfamily.org](mailto:scunningham@holyfamily.org)