



## STOP BULLIES! SPREAD LOVE!

These are general but I can write more specific to dance and to help studio owners at a later date. Take what works and leave the rest.

Tips when being bullied online or in person:

Do not engage. This usually makes it worse.

If in person, physically remove yourself by walking away to a safe space. If online delete and block the person. If it's someone on your dance team or sports team tell your teacher, coach or studio owner in private so they can help you.

It's not your fault. No one deserves to be bullied. Tell an adult or at the very least a trusted friend.

Being bullied can cause fear, anxiety, depression, shame and even physical injury. Reach out for help. You deserve it!

If you are tempted to bully or already have been a bully:

Stop and think before you act or write.

If you are upset or angry or even do not like a person that does not give you the right to be a bully.

Don't give in to peer pressure to bully someone for any reason.

Treat others like you would like to be treated. You matter and so do they.

Man bullies have been victims of being bullied. Stop and remember how that made you feel and promise yourself to not do that to another person.

Find healthy ways to deal with your emotions. Talk to a friend or adult about your feelings especially if you can't control your anger or aggression.

If you have bullied someone find the courage to say sorry. Everyone makes mistakes and you can forgive yourself. Saying sorry will not increase their self-esteem but yours too!

### Adults and Parents

Remember youth are watching and what you do is often more impactful than what you say.

Be self-reflective about the way you handle conflict, gossip and differences of opinions in person and online. Even how you talk about people when your children could potentially be listening may affect their own behaviors and choices.

Talk about it. Be preventative and talk to your family about bullying before it has affected your lives.

If you made a mistake be willing to process it with your child. Model humility, self-forgiveness and the ability to apologize when needed.

If your child seems upset or has had a change in behavior don't rule out bullying. Stay steady, ask curious questions and give them a safe space to share their feeling free of shame and blame.

Monitor their text message and social media usage. Bullied behind screens are still bullies and can do a tremendous amount of damage.

Advocate for your child. Just because something may not have bothered you as a child does not mean it may not hurt them. Be willing to call a private meeting and talk to the principal, studio owner or coach and create a plan of resolution and action.

Great resources are:

[www.commonensemedia.com](http://www.commonensemedia.com)

<http://www.pacerkidsagainstbullying.org/kab/>

<http://beyondbullies.org/>

<http://www.stompoutbullying.org/>