

# Bullying is a big problem – but there are things you can do about it!

By Zone team

Bullying is a big deal. It can make us feel sad, scared, sick, alone and ashamed. Bullies might hit, kick or push. They might say or do things that make us feel very bad. They might make us do things that we don't want to do. Remember, a lot of kids get bullied.

Some bullies think that bullying is a way to be popular or to get what they want. Most bullies are trying to feel more important. When they are mean to someone else, it can make them feel big and strong.

Some bullies come from families where everyone is angry and shout a lot. Maybe they think that being angry, calling names and hurting people is normal. Some bullies are copying what they see at home. Some bullies were bullied themselves.

Sometimes bullies choose someone who is smarter than they are or different from them in some way. Sometimes bullies just pick on a kid for no reason at all. It's important that you remember, that if you are being bullied, it is not your fault!

What to do if you are being bullied?

- Don't give the bully a chance. As much as you can, try to avoid them. Take a different route home from school if you can. There's no shame in doing that.
- Don't listen to the bad things they say about you! Chances are that this bully knows nothing about you. They have no idea what they are talking about.
- Ask a friend to meet you in the morning and walk to school together. Offer to do the same for a friend if they are in trouble.
- If you see someone being bullied at school, tell an adult. Ask the kid how you can help them. You can message them on WhatsApp or Instagram and ask them if they are okay. Sometimes just letting someone know that they are not alone is a big help.
- If you are being bullied, tell someone! Maybe you feel like no one can help you but that is not true. And maybe you don't want to make your parents sad or worried. But remember that your parents would prefer knowing what is going on so they can help you. It's important to tell an adult because sometimes they are the only ones that can stop the bully. If you don't want to tell your parents, you can talk to a teacher or someone else from your family.

Ashamed

בושה

Mean

מרושעים

Themselves

עצמם

Reason

סיבה

Avoid

להימנע

Route

דרך

Adult

מבוגר

Worried

דואגים

Prefer

יעדיפו