



# 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.