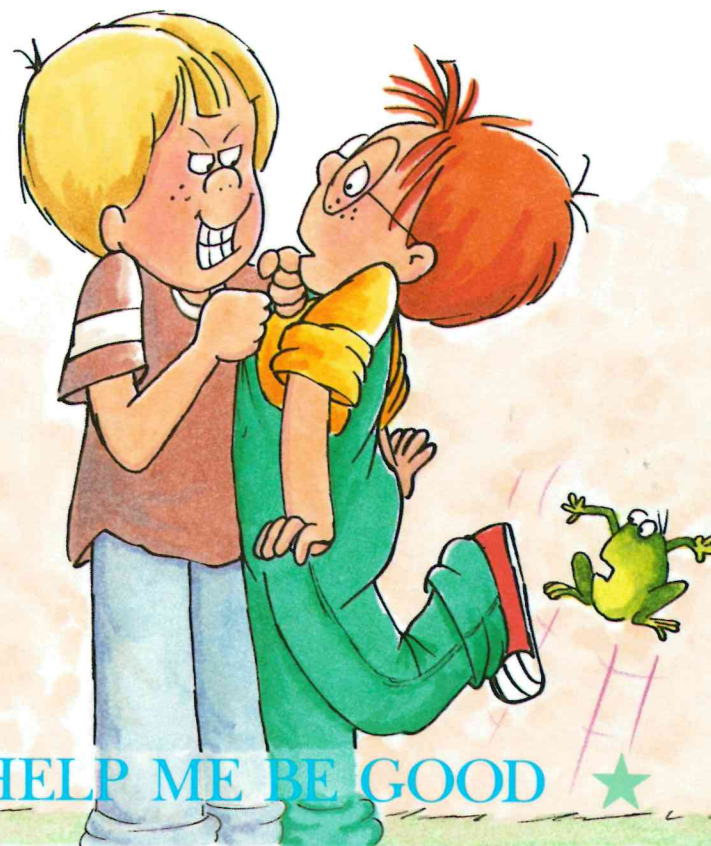


A Children's Book About
BEING BULLIED

By Joy Berry

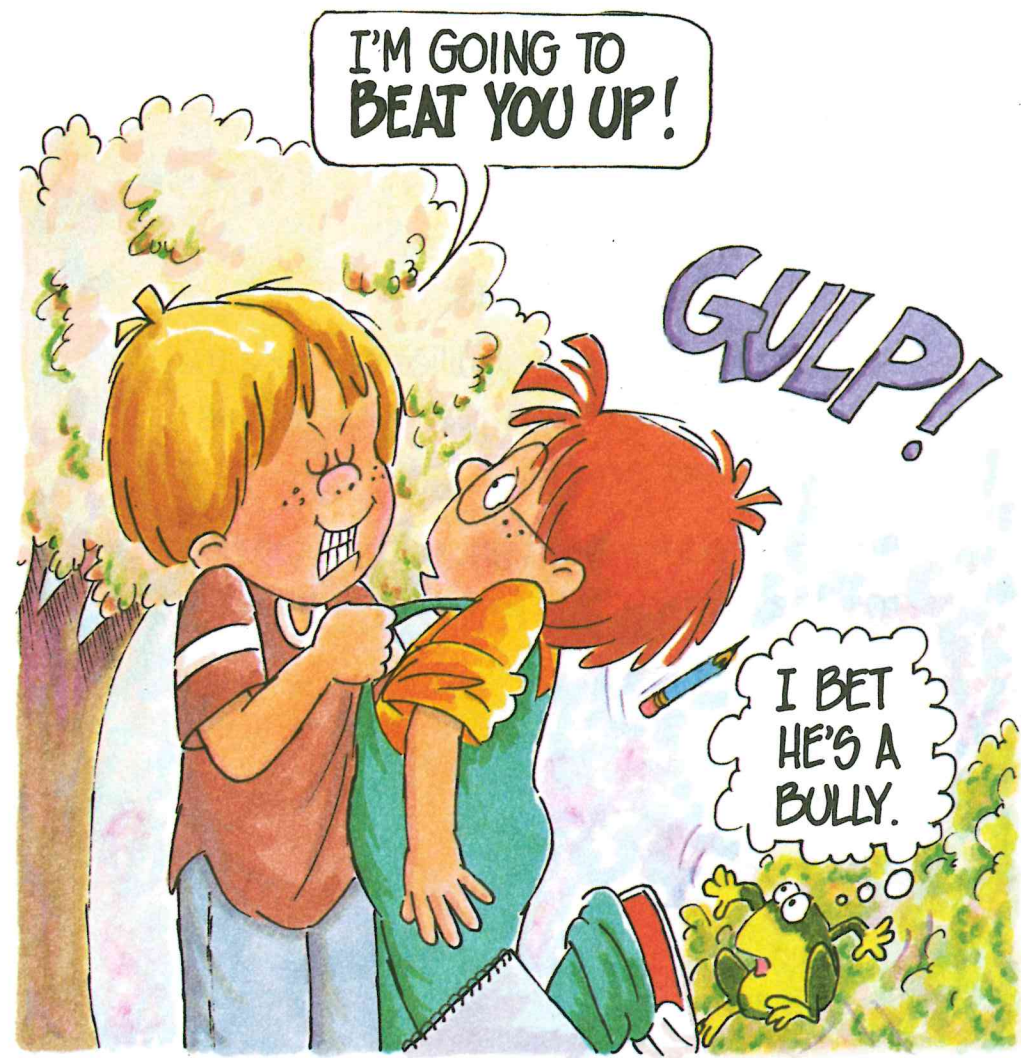
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ALL BOOKS
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★ HELP ME BE GOOD ★

Bullies are people who act tough and like to fight.

Bullies like to frighten or hurt people who are smaller or weaker than they are.



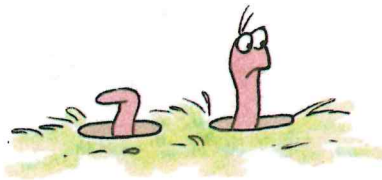
Some people become bullies because *they feel inferior*. They feel that they are not as good as other people.

Bullies act tough and fight so they can feel that they are as good as or better than other people.



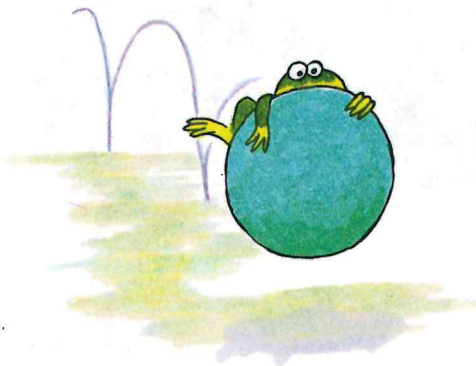
Some people become bullies because *they need attention*. They want people to notice them.

Bullies act tough and fight so people will notice them.



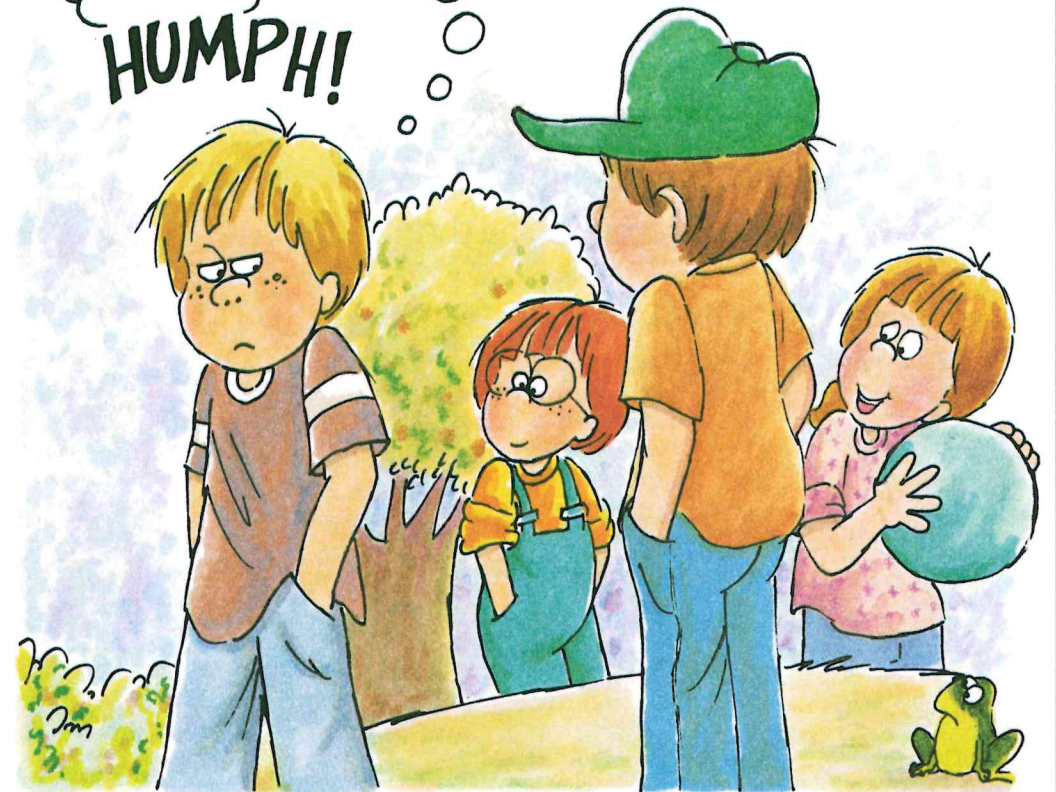
Some people become bullies because *they are frightened*. They are afraid other people might hurt them.

Bullies act tough so people will fear them and not bother them.



THESE KIDS ARE **BIGGER** THAN I THOUGHT THEY WERE. I'D BETTER ACT TOUGH SO THEY WON'T BOTHER ME!

HUMPH!



Some people become bullies because *they are angry*. They want to show their anger when something upsets them.

Bullies express anger by being mean and fighting with other people.



You are being bullied when someone:

- tries to control you or
- tries to frighten you into doing something.



I'VE DECIDED TO PLAY
WITH YOU GUYS... ONLY
WE'RE GOING TO PLAY
WHAT I WANT!

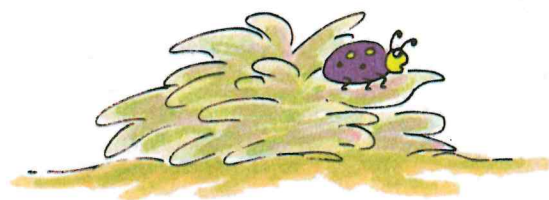
UH...
G-G-GREAT!



THIS KID IS AS
FRIENDLY AS A
RATTLESNAKE.

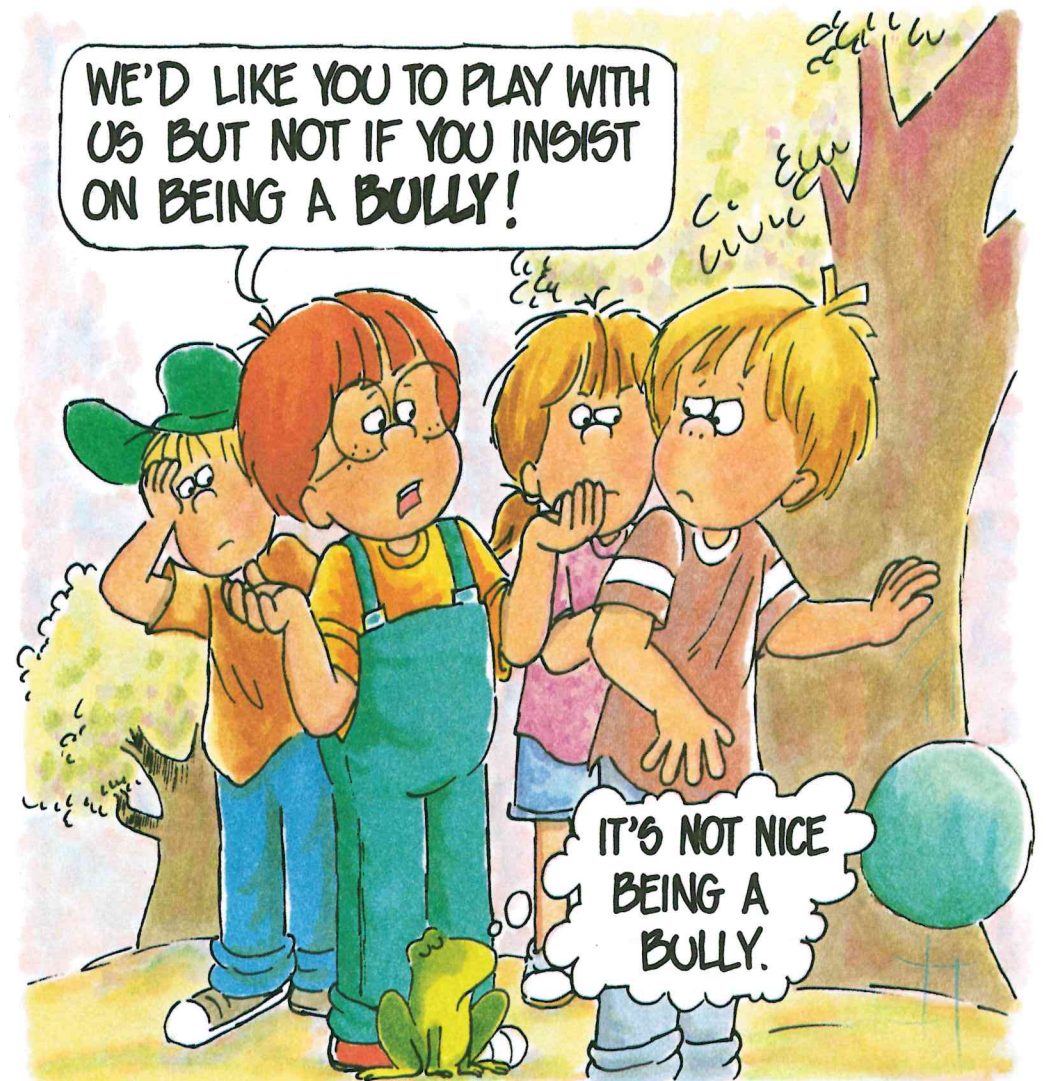
Being bullied can upset you. It can make you angry.

There are things you can do to avoid being bullied.

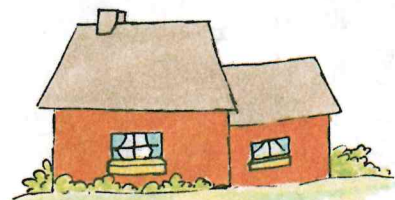


Treat bullies the same way you treat other people. *Be kind to them.*

Even bullies find it hard to be mean to a kind person.



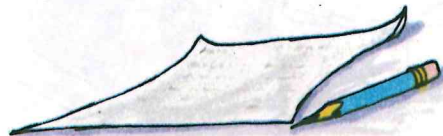
Sometimes kindness does not stop bullies.
Stay away from bullies if being kind to them
does not help.
Bullies cannot bother you if you are not
around them.



Ignore bullies if you have to be around them.

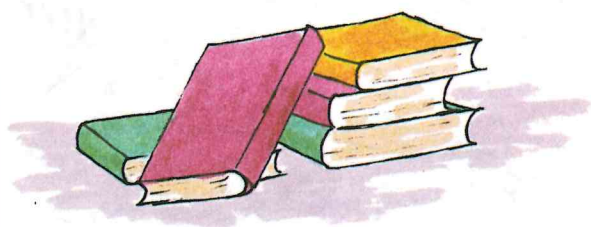
- Do not look at them.
- Do not listen to them.
- Do not respond to them.

Bullies are less likely to bother you if you do not pay attention to them.



Confront bullies if it is impossible to ignore them.

- Face them. Look into their eyes.
- Tell them you do not want to be bullied.
- Tell them to leave you alone.

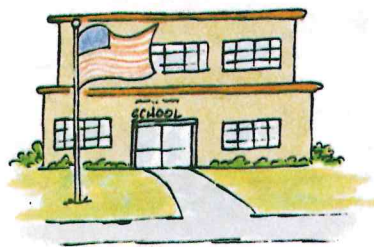


HEY, YOU! YOU'D BETTER DO EXACTLY WHAT I TELL YOU, OR ELSE!

I DON'T WANT YOU TO BULLY ME ANY MORE. PLEASE LEAVE ME ALONE!

Walk or run away from bullies if they insist on fighting.

Bullies cannot fight with you if you are not around.



Get help if bullies keep bothering you.

Talk to your parents, teacher, or baby-sitter.
Ask for help in handling bullies who are
bothering you.



No one likes to be bullied. You can avoid being bullied by handling bullies the right way. It is up to you.

