

RESPONDING TO BULLYING BEHAVIOURS

IF SOMEONE IS BULLYING YOU OR MAKING FUN OF YOU, HOW YOU RESPOND CAN MAKE THINGS BETTER OR WORSE

ASSERTIVE RESPONSES

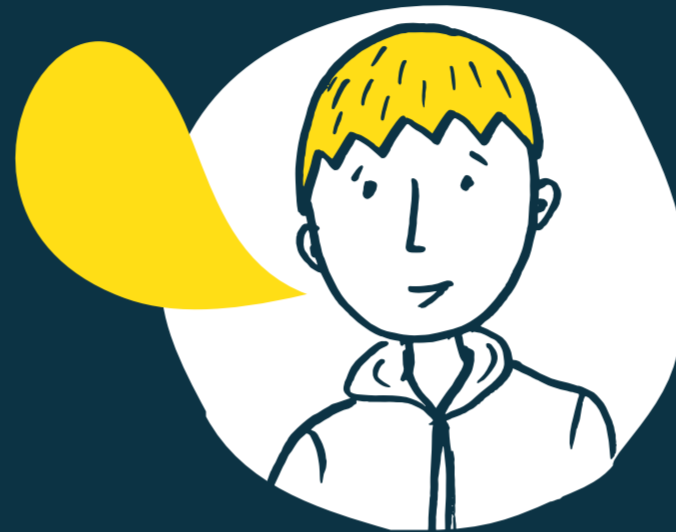
ASSERTIVE RESPONSES HAVE THE BEST CHANCE OF MAKING THE SITUATION BETTER



MAKES GOOD EYE CONTACT



SPEAKS UP IN AN HONEST AND CALM WAY



USES WORDS TO STAND UP FOR THEMSELVES OR DEFUSE THE SITUATION



STANDS WITH AN OPEN & RELAXED STANCE & KEEPS THEIR FACIAL EXPRESSIONS OPEN AS WELL



TRIES TO STOP ANYONE FROM BEING HURT (INCLUDING THEMSELF)

PASSIVE AND AGGRESSIVE RESPONSES MAY MAKE THE SITUATION WORSE

PASSIVE RESPONSES



DOES NOT LOOK AT PEOPLE



IS AFRAID TO SPEAK UP, SPEAKS SOFTLY (OR NOT AT ALL)



SAYS THINGS LIKE 'YOU'RE PROBABLY RIGHT' IN A MEEK WAY



SLOUCHES, HUNCHES OVER OR MAKES THEMSELVES LOOK SMALLER



HURTS THEMSELVES TO AVOID HURTING OTHERS

AGGRESSIVE RESPONSES



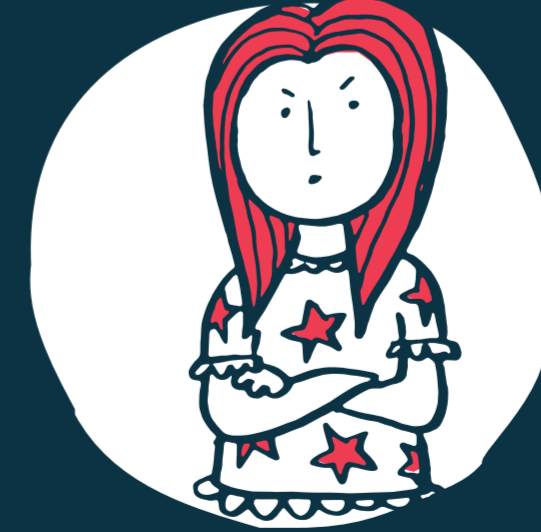
STARES OR GLARES AT PEOPLE



LASHES OUT, RETALIATES OR OVER REACTS



USES WORDS TO HURT THE OTHER PERSON (OFTEN IN A MEAN WAY)



STANDS RIGIDLY, CROSSES THEIR ARMS, OR TRIES TO MAKE THEMSELVES LOOK BIGGER



HURTS OTHERS TO AVOID BEING HURT