

10 practical strategies to stop bullying

As advised and elaborated by Dr Emily Lovegrove in her book "Help! I'm being bullied"



1. Bullying?

Is it teasing or bullying? It doesn't matter – if it distresses someone, it needs sorting out.



2. Stop and think

What do you want to be the outcome of this sorting out? Scoring points or something positive?



3. Self-motto

Changing a negative to a positive self-motto raises self esteem and affects how others respond.



4. Other-motto

Including positive feelings about others also raises self-esteem. It reminds you that you have the power to change your feelings and it affects how others respond.



5. Distraction

In a no-win situation try to ignore what has been said or done by someone, but not ignore them. Talk about something different.



6. Humour

Being able to laugh at yourself now and again can help the situation. Sarcasm is not helpful.



7. Friends

We all need them. We are less likely to be picked on when with friends and they support us when we are down. Making friends takes practice.



8. Appearance

How we look matters to us. We need to feel we fit in. We need to look as if we treat ourselves with respect.



9. Flattery

People usually like a sincere compliment. People who bully often feel insecure in some way, so saying something nice to them gives them positive attention and makes them feel better.



10. Reward

It can be tiring using the positive personal power required to address the negative power of bullying, so reward yourself for all your positive effort. Give yourself treats which give you energy e.g. good food, exercise and sleep.