

TEXAS EDITION

# UGLI FOUNDATION

unique ★ gifted ★ loved ★ individual

**“I’M BEING BULLIED!  
WHAT CAN I DO?”**



# INSIDE ACTIONS WHEN FACED WITH A BULLY

**These Inside Actions are used** when you cannot control someone else's actions.

These actions will help you emotionally respond *on the inside* when confronted with a bully.

## **ACTION #1: ACCEPTING REALITY**

**People causing us emotional pain is a part of life** and is, pretty much, unavoidable. Learning to deal with that pain will help you manage your emotions when a bully sets their eyes on you.

When we deny, or "act like" bullying isn't really happening to us, it doesn't make the problem go away, it can actually make the situation far worse! We need to learn to **accept** the situation to help free ourselves from the emotional pain of being bullied.

**What acceptance is:** letting go of emotionally fighting what's happening to us, giving us freedom to take action to change the situation. You can't solve a problem that you do not admit that you have.

**What acceptance is not:** giving up or giving in, approving of the situation. *Acceptance does not equal approval! Acceptance does not mean you're okay with what's happening!!*

When you accept that bullying is happening to you and stop pretending it isn't, you are now set free to take the actions necessary to actually change the horrible pain that you're feeling into a pain that you can absolutely handle.

## **ACTION #2: YOU ARE NOT POWERLESS!**

**When confronted with a bully,** at first it may seem that they have all the power, and you are left with just putting up with it until they get bored and walk away. **This is not true!** You have the power within yourself to take action to change what is happening to you. The bully

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# INSIDE ACTIONS

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## **ACTION #2: YOU ARE NOT POWERLESS!**

may have chosen to try and hurt or belittle you, but **you can choose** to do something about it. Because you are just as **powerful** and just as **capable** as any bully.

When the incident is over, find things in your life that you are grateful for. What happened with the bully was not good, but there are many other **very good** things in your life; focus on those things in order to feel gratitude, even at a time like this. Lastly, the best thing you can do, after being bullied, is look for ways to turn around and help other people. Helping others is a powerful way to fight against feeling as though you're powerless.

## **ACTION #3: SOOTHE YOUR EMOTIONS**

**If you are being bullied**, so many emotions begin flooding your brain. Hurt, sadness, embarrassment, hopelessness and confusion, just to name a few. The last thing that anyone wants during a time of crisis is for their emotions to overwhelm them. Feeling these feelings is, of course, natural, but keeping them from emotionally crushing you is the goal. Here's an action you can take to soothe those negative emotions from overpowering your rational mind. Use your senses to calm your brain. It takes effort and concentration, but you can do it! Here are some examples:

- ★ **Vision:** Focus your eyes on something (pictures, sunsets, imagine being at a favorite place)
- ★ **Sound:** Listen to music, sound machine, sounds in nature
- ★ **Smell:** Smell your favorite scents (lavender, coffee, mint, bake some cookies)
- ★ **Taste:** Enjoy some of your favorite foods or meals, grab a snack
- ★ **Touch:** Take a shower or bath, play with your pet, ask for a hug, or wear your favorite hoodie
- ★ **Movement:** Move your body, dance, stretch, throw a ball around

These are just examples of what you could do to help yourself emotionally calm down. Go and create your own! Focusing on your senses can go a long way toward changing the channel of your brain and soothe those strong negative emotions you're feeling.

# OUTSIDE ACTIONS WHEN FACED WITH A BULLY

**Outside actions are used** when responding to intentional acts of aggression from a bully.

These actions will help you physically respond, on the outside, to come to your own rescue.

## **ACTION #1: RESPOND, DON'T REACT**

**Have you ever wondered why bullies bully?** Well, as the saying goes, hurt people hurt people. They are trying to make up for their own insecurities, so they pick on someone they perceive as “weaker” in order to get an emotional reaction out of their target. The bully wants you to show fear or cower in embarrassment, so they can feel powerful and dominant. But what happens if the bully doesn't get the emotional reaction they are looking for? They move on. This whole bullying thing is not about you. It's about the bully's need to hurt others to meet their own toxic needs. If you don't give them what they want (showing fear or embarrassment), they will simply move on.

So, how do you deprive the bully from getting the emotional reaction that they so desperately crave? You **Respond** rather than **React**.

A natural reaction to being bullied, might be to demonstrate those negative emotions we talked about above. But a response is something quite different. A response is a calm, controlled, and *purposeful* comeback thought out in advance. Here would be a great example of a response: Calmly tell them that you want them to stop and then you confidently walk away.

## **ACTION #2: CONFIDENCE & BODY LANGUAGE**

**Now this may sound odd**, but body language communicates so much more than simply using your words. In fact, did you know that when you are talking to someone, 90% of your communication is non-verbal? So, when confronted by a bully, let your body do the talking! You do this by standing up straight, keeping your head up, and looking them in the eye. I

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# OUTSIDE ACTIONS (continued from previous page...)

## **ACTION #2: CONFIDENCE & BODY LANGUAGE**

know you may feel embarrassed, but never look down or bow your head. Never let them see you sweat!

And when you do speak, tell the bully something like, “Stop it. What you’re doing is not cool.” Say it calmly, but firmly with as much force as you can muster.

When you have communicated to the bully that you are not going to simply accept their hurtful actions, turn and walk away with your shoulders back and your head held high. Don’t slink away or run like you’re the one who did something wrong. Calmly walk away...with confidence.

Worried about what kind of language your body might be speaking? Try these two things when dealing with a bully:

- ★ **Take a Power Stance** which is chest up, head up, and arms either up or on the hips.
- ★ **Take deep breaths** in through your nose and out through your mouth.

Interacting with peers can be hard, especially when we are being picked on. It can be hard to stand up for yourself and let others know that they don’t have the right to treat you this way. It may be hard, but you can do it! You are awesome!

## **ACTION #3: REPORT WHAT HAPPENED**

**Even after you respond** and confidently stand up to the bully, you still need to get a trusted adult involved in the situation. Getting help is not a show of weakness, it is a demonstration of strength.

Going to tell a teacher, coach, parent, whoever - can be difficult! One way to help you reach your goal in this situation is to plan ahead. Try these three steps:

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# OUTSIDE ACTIONS (continued from previous page...)

## ACTION #3: REPORT WHAT HAPPENED

- ★ **List out** exactly what happened - just the facts!
- ★ **Let the trusted adult know** how you are feeling. Using 'I' statements like 'I feel...' can help get your message across.
- ★ **Be direct** and ask for what you want or need to happen!

You may not always get all that you want or need, but you have shown yourself, and others, you can take action and stand up yourself!

Not comfortable chatting with an adult? You can anonymously report bullying through Safe School Helpline®. Call 1-800-418-6423 ext. 359 or text TIPS to 66746.

## RESOURCES

Cuddy, Amy. "Your Body Language May Shape Who You Are." TED, June 2012, [https://www.ted.com/talks/amy\\_cuddy\\_your\\_body\\_language\\_may\\_shape\\_who\\_you\\_are](https://www.ted.com/talks/amy_cuddy_your_body_language_may_shape_who_you_are).



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