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" What Are Some Things You Can Do To Help Someone Who is Being Bullied?"

Bullying is verbal or physical harm done to a person. It can range anywhere from peer pressure to beating someone up. Bullies are usually insecure about themselves or have personal problems in their life. Some ways I would help someone who is being bullied are to teach the victim how to talk to the bully, to support the person, and to teach the person how to avoid the bully.

First and foremost, I would support the victim. I would always choose to find and tell a responsible adult because it is proven that adults can stop most bullying. Also, I would talk to the person and allow her to let her feelings out. Next, I would comfort her verbally and emotionally. I would also stay around her when the bully might be near the area. For example, I would walk home with her or sit with her on the bus.

Secondly, I would teach the victim to communicate with the bully. I would tell the person to stand up for herself, but not blow up and start a bigger argument. Most kids who are being bullied are too weak and afraid to talk to a bully. Those are the kids most bullies target and that is why they need to learn to speak up to a bully. Someone who is confident in them self and is not afraid to speak up is less likely to be bullied. It is important to let kids who are being bullied know that bullies themselves are not confident kids.

Finally, I would show the person being bullied how to avoid the bully. For instance, I would recommend ignoring the bully. When they are teasing the person I would explain that she should resume what she is doing, pretending the bully is not there. Also, I would suggest hanging around places where the bully is not likely to be because that would be setting herself up for trouble.

As you can see, there are many ways that I could help someone who is being bullied. I would always go to find a responsible adult first and then I would support the victim and teach that person how to avoid and talk to the bully. How do I know these reasons are effective? Well, I used them when I had to help one of my friend's who was bullied this past year and they worked.