

HA HA SO STRATEGIES

STRATEGIES		TIPS
H Help:	Seek assistance from an adult, friend, or peer when a potentially threatening situation arises. Seek help also if other strategies aren't working.	<ol style="list-style-type: none"> 1. Brainstorm all of the sources of help at your school - deans, counselors, teachers, nurse. 2. Stress the different ways to get help - anonymously, in a group, dean's hotline.
A Assert Yourself:	Make assertive statements to the bully addressing your feelings about the bully's behavior.	<ol style="list-style-type: none"> 1. Should not be used with severe bullying. 2. Not as effective with group bullying. 3. Victim should look bully straight in the eye. 4. Use "I" statements. Example: "I don't like it when you pull on my backpack." 5. Make assertive statement and walk away. Example: "Stop talking about me behind my back."
H Humor:	Use humor to de-escalate a situation.	<ol style="list-style-type: none"> 1. Use humor in a positive way. 2. Make the joke about what the bully said, not about the bully. 3. Make humorous statements and then leave the situation. 4. Example: When insulted about hairstyle, say "Gee, I didn't know you cared enough to notice."
A Avoid:	Walk away or avoid certain places in order to avoid a bullying situation.	<ol style="list-style-type: none"> 1. Best for situations when victim is alone. 2. Avoid places where the bully hangs out. 3. Join with others rather than alone.
S Self-	Use positive self-talk to	<ol style="list-style-type: none"> 1. Use as a means to keep feeling good about self.

Talk:	maintain positive self-esteem during a bullying situation.	<ol style="list-style-type: none"> 2. Think positive statements about self and accomplishments. 3. Rehearse mental statements to avoid being hooked by the bully. Examples: "It's his problem", "She doesn't know what she's talking about", "I know I'm smart." 4. Use positive self-talk when practicing all strategies.
O Own It:	"Own" the put-down or belittling comment in order to diffuse it.	<ol style="list-style-type: none"> 1. Agree with the bully and leave the situation. 2. Combine with humor strategies such as, "Yeah, this IS a bad haircut. The lawn mower got out of control this weekend." 3. Combine with assertive strategies such as, "Yes, I did fail the test and I don't appreciate you looking at my paper."
Important Reminders:	<ol style="list-style-type: none"> 1. Practice these strategies in any order, in any combination, or numerous times. 2. The Caring Community can remind each other of the strategies. 3. The Caring Community can help support the victim in using the strategies. 4. If the strategies aren't working, leave or disengage from the situation. 	