



## HOW TO HANDLE VERBAL BULLYING

Students need to learn valuable coping skills in handling bullying. Verbal bullying such as name calling needs to be handled by the student first before reporting it to an adult. In other words, students need to try several strategies themselves to stop verbal bullying. These 5 strategies can be remembered as the 'High 5.'

1. **Ignore it.** Don't look at the person. Change the subject.
2. **Talk friendly** or ask nicely for the person to stop. Be calm.
3. **Walk away.** Remove yourself from the person/situation.
4. **Talk firmly** and tell the person to **STOP!** Let the person know that you will report it if he/she does not **STOP!**

5. If strategies 1-4 do not work, **Report** it to an adult.

**Verbal threats of violence need to be reported immediately to an adult.**