

When the Bully is a Friend

Sometimes the person doing the teasing is someone we know – maybe even a friend. In cases like this it's really hard to know what to do. You know that what is happening isn't right, but this is your *friend*. You don't want to just stop being friends or make them upset with you. In these situations, it helps to be clever:

- Use distractions or divert a bully's attention.

- You can try switching subjects: "Hey Jason, did you see that game last night?" or maybe "Josie, I think Janice wanted to talk to you."

- Saying, "C'mon, man, we've got better things to do."

- Just as you could take the victim out of the situation, you could also try to get the bully away. Go grab their hand and take them away or invite them to play a game somewhere else.

In the space below, write 2 other ways that you could distract someone:

1. _____

2. _____

