

The Bully Roundup

[Announcer] This podcast is brought to you by the Centers for Disease Control and Prevention, CDC.

[Chris] Hi kids! Welcome to CDC Kidtastics Radio! I'm Chris Kidtastic. Today, we're talking about bullies.

[Karmen] Bullies aren't all big and muscle-y. They come in all shapes and sizes – and you can't tell who they are by what they look like. You can only tell bullies by their actions.

[Caydan] Bullies make themselves feel powerful by pushing, shoving, and name calling. If you've ever been around a bully, you know how hurtful they can be.

[Kaya] But, there are things you can do to deal with bullying.

[Chris] Tell an adult if you're being bullied. If you've tried to stop someone from bothering you and it's not working, get someone you trust to help you. If you see someone else being bullied, find an adult. Get the problem out in the open. Once people know about it, the bully is no longer in control. Not telling anyone — especially because the bully told you not to — is just making him or her feel more powerful.

[Karmen] If a bully is saying bad things about you, keep in mind all the good stuff you know about yourself.

[Caydan] Ignore insults or name-calling. It'll be hard, but stay calm. Take a deep breath and try not to show that you're upset or angry. Above all, don't believe for one second what they're saying. Bullies feed on attention and are just trying to get a reaction from you. It's better just to ignore them.

[Kaya] Speak up for yourself. Practice what you might say if someone starts picking on you. Saying the words a couple of times will help you feel confident. *Never* argue with a bully. You just want to get them off your back, not make them angry.

[Chris] Have a few simple responses ready to use if you need them. Things like, "That's funny, but enough already" or "Why are you talking to me?" can help calm things down. Try not to embarrass the bully in front of everyone; that won't help anything.

[Karmen] It's important to avoid fighting. If what you're saying isn't working, it's better to walk away.

[Caydan] Do things you're good at. Can you spell like a dictionary? Enter a spelling bee. Run like the wind? Join the track team. Sing like an angel? Choir is calling your name. Or, try something new; you may discover a talent you never knew you had. Take tennis lessons or audition for the school play. A bonus is that you'll meet new people!

[Kaya] Check out the way you act and be aware of your body language. Slouching, looking at the ground or your feet, and fidgeting make people think that you're afraid or nervous. Try to walk with your head up, make eye contact, and smile. A bully is less likely to single you out if you act confident.

[Karmen] Try to be friendly and respectful to everyone. Smile at someone if you make eye contact with them in the hallways. If you like someone's cool new shoes, tell them!

[Chris] Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then... be a safer, healthier kid!!

[Announcer] For more health information, go to www.cdc.gov or call 1-800-CDC-INFO.