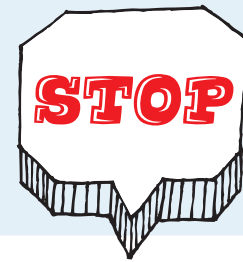


# BRAVE TALK

Help for Dealing with Bullies



Sometimes standing up for what you believe in can be hard. Going against what a friend says and does is scary. There are some ways to be true to yourself but not start a fight with another. It's called BRAVE Talk because you have to feel brave to use it.

## Use Brave Talk when you are:

1. Telling someone to stop doing something.
2. Politely saying "no" to someone.
3. Disagreeing with bullying or gossiping.

## To get results when using Brave Talk:

- **Eye contact.** Look the person in the eye.
- **Tone of voice.** Use a strong voice (not too soft and not too harsh).
- **Facial expression.** Your face needs to reflect your message. Look serious, but not mean.
- **"I" statement.** Own what you say with "I". When you say "I feel bad when..." another person can't say "no you don't feel that way."  
"I felt \_\_\_\_\_ when you \_\_\_\_\_."  
"I think \_\_\_\_\_ even if you think \_\_\_\_\_."  
"Next time, I need you to \_\_\_\_\_."
- **Practice.** Role play with someone you trust like a teacher or family member or older friend. Have the other person be mean or rude or try to get you to do something you know is wrong. You are the Brave Talker. It will feel strange at first, but will get easier.
- **Keep trying.** Using your Brave Talk doesn't mean the other person will stop the first, second or third time, but keep at it. Using your Brave Talk will make YOU feel better.
- **Report ongoing bullying behavior.** Get help before it goes too far.

## Brave Talk statements that work!

"Stop."  
"I told you to stop."  
"Don't talk to me like that."  
"I think that is mean."  
"No thanks."  
"I don't want to do that."  
"I don't like how you are playing."  
"I don't want to talk about people who aren't here."  
"That's harsh. Maybe you shouldn't say things like that."  
"How about if I think my way and you think your way?"

Remember, the bully needs you to CARE about what they say and do.  
You have the POWER to follow or not. THE POWER IS YOURS TO GIVE!