

Bullies often pick on someone they think they can have power over. They might pick on kids who get upset easily or who have trouble sticking up for themselves. Getting a big reaction out of someone can make bullies feel like they have the power they want. Sometimes bullies pick on someone who is smarter than they are or different from them in some way. Sometimes bullies just pick on a kid for no reason at all.

What to Do About Bullying

Bullying can be a big pain, but you don't have to let bullying get the best of you and your buddies. Here are some things to try if you're bothered by a bully:

- **Act brave.** When you're scared of another person, you're probably not feeling your bravest. But sometimes just acting brave is enough to stop a bully. If you walk by as though you're not afraid and hold your head high, a bully may be less likely to pick on you for no reason, and you'll feel less

