

MAKE BULLYING STOP WITH YOU

IF YOU WITNESS BULLYING - INCLUDING CYBERBULLYING

YOU CAN TAKE ACTION TO MAKE YOUR SCHOOL OR COMMUNITY A SAFE AND SUPPORTIVE PLACE FOR EVERYONE



ACTION STEPS FOR KIDS

REFUSE TO PARTICIPATE. When you refuse to join in on bullying behavior, you're sending a message to both the bully and the victim that the behavior is not okay with you. If you see someone being bullied online, do not forward or spread the bullying message to others.

SUPPORT TARGETS OF BULLYING. Even if you don't know the person being bullied, you can show compassion by asking them if they're okay and offering to go with them to report the bullying.

TALK TO A TRUSTED ADULT. It's never "tattling" when you try to help someone by talking to an adult. Even if several other students witnessed the bullying, don't assume someone else will report it. Change starts with you.

JUST SAY "NO" TO BULLIES. As long as it's safe to do so, tell bullies to stop what they're doing. Let them know their behavior is hurtful to the person they're targeting and to you as well.

GET TO KNOW OTHERS. Friends come in all different forms. Don't judge your classmates based on their appearance or what others may say about them. Take the first step in getting to know them instead.