

IF YOU'RE BEING BULLIED



TELL SOMEONE

If you're being bullied, tell an adult right away! It's not tattling. When you are being hurt or harmed, it's a big deal. You have the right to tell. Be heard!

DON'T FIGHT

If you ever feel like fighting back, DON'T! Trying to get even with someone is never a good idea, and the bullying could become much worse. And the adults may see you as part of the problem.

YOU'RE NOT ALONE

A lot of kids are bullied. It might feel like no one cares or that no one can help, but there are people who care. Know you can reach out for help. You don't have to go through this alone.

THINGS WILL CHANGE

It can be hard to see into the future and know that things will be better. Maybe things won't change immediately, but don't get discouraged.

KNOW THAT IT'S NOT YOUR FAULT

It's not your fault. Nope. Not one bit.

IF YOU SEE BULLYING...

Know What to Do. Ask the kid who is bullying to stop. Sometimes kids don't realize what they're doing is hurting someone else.

DON'T JOIN IN

Someone who bullies often likes an audience. If you ignore it, it shows them bullying is not cool.

HELP SOMEONE GET AWAY FROM THE SITUATION

It's easy for someone to be bullied when no one sticks up for them. Be a friend. Walk with them to class. Play with them. Let them know they're not alone.

TELL AN ADULT

Adults really do care. They're the ones who can enforce the rules. Remember: telling is **NOT** tattling, it is done to help someone.

ASK OTHERS TO STAND AGAINST BULLYING

When kids stick together, they can change what has happened to so many for so long. Together we can make a difference!"