

What Can You Do About Bullying?

If you are being bullied... Reach Out

Tell an adult. Sometimes you may have to tell more than one trusted adult.

Ask your friends to help you. There is safety in numbers.

Practice what to say the next time you're bullied with your parents, teachers or friends.

Be Cool in the Moment

Stay calm and confident. Don't show the bully that you're sad or mad.

Ignore the bully and walk away.

Remember: Fighting back can make bullying worse.

Change the School Community

Work with others to stop bully behavior; your whole school will benefit.

Remember: A lot of kids have to cope with bullying. You are not alone. No one deserves to be bullied.

If you witness bullying... Interrupt It

Stand next to, or speak up for, the person being bullied.

Ask the bully to stop.

Comfort the person being bullied and offer friendship.

Get Help

Walk away and get help.

Find an adult who can intervene.

If you are the bully... Make a Commitment to Change

Talk to an adult, like a teacher or parent, about how to get along with others.

Ask a friend to help you stop your bully behavior.

Apologize to the kids you have bullied.

Focus on Empathy and Responsibility

Think about what it feels like to be bullied -- would you want to be treated that way?

Before you speak, think about whether your words will help or hurt another student.

Change Your Behavior

Resist peer pressure to bully.

If you start to bully, walk away and find something else to do.

Remember: You don't have to like everyone around you, but you have to treat everyone with respect.

From: <http://www.tolerance.org/activity/bullying-tips-students> Drawn from *Stop Bullying Now*, an initiative of the U.S. Department of Health and Human Services.