

What You Can Do If You See Someone Being Bullied

SOME THINGS TO TRY	SOME THINGS TO REMEMBER
<ul style="list-style-type: none"> - Talk to someone who can help: An older student, your friends, classroom teacher, guidance counselor, school principal, sports coach, parents, or any adult you trust. - Walk away and get help... if you stay and watch you're part of the problem. If you get help, you're part of the solution - Tell kids who bully to back off... Bullying is NOT cool! - Let other kids know that you don't like what you see by turning around and walking away. - Invite kids who are bullied to play with you somewhere else. - Be assertive, not aggressive... speaking out help, fighting and insulting others doesn't. - Help kids who bully, don't hurt them... speaking out helps, bullying back doesn't help - Stand up for kids who are bullied... they can't do it themselves. - Ask for help from friends in speaking out against harassment... there's strength in numbers - Make an anonymous report to school staff if it's too hard to speak out publicly. - The best thing you can do for kids who are bullied is to be their friend. Comfort the person who was hurt and make it known that what happened was not fair or deserved. - YOU help to make your school a better place by doing your part to stop bullying. - If these tips work for you, pass them on to others. 	<ul style="list-style-type: none"> - Be aware... wouldn't you want someone to step in if you were being harassed? - Avoid encouraging the harassment by watching and laughing... send the message that you don't like what's going on. Turn away, don't watch - It only takes one person to take a stand before others will follow their lead. Have the courage to be that person. - Stand up for others who are targeted... they may not be able to do it for themselves. - Stay safe... if speaking out doesn't make the bullying stop; get help from someone who can safely intervene. - Violence and harassment is everyone's problem and we all have to get involved if it's going to stop.