



What can targets of Bullying do?

Tell the bully to STOP! NEVER bully back! Two wrongs don't make a right

Avoid the bully, and be around friends you trust

If it's cyber-bullying document the evidence! (Take a screen shot, or print/save)

If it's cyber-bullying you should block, unfollow, or unfriend the bully

When you need help, REPORT it to a trusted adult like parents and teachers

What can witnesses do if they see Bullying?

Get the target away from the bully!

Support the person being bullied, let them know they are not alone

If it is SAFE to stand up to the bully, STAND UP AND HELP!

NEVER laugh or encourage a bully

If it doesn't stop, REPORT it to a trusted adult!

What can a Bully do to change their own behavior?

Look for clues from others. Are they laughing? Do they seem upset or sad?

NEVER blame the person getting bullied! Say sorry and don't do it again

Always show EMPATHY for other people, put yourself in their shoes

Treat others as you would want to be treated

BE RESPONSIBLE for your own words and actions