

Bullying: Everyone Can Help

Bullying is wrong. It is harmful and can make anyone feel frightened, upset, or powerless. Don't simply stand by. Everyone can help stop bullying. Here's how:

- 1 **DON'T GIVE THE BULLY AND AUDIENCE.** Don't laugh, cheer them on, or be part of a silent crowd.
- 2 **LET THE BULLY KNOW THEIR BEHAVIOR ISN'T COOL.** Use phrases like: "Leave him/her alone," "Putting someone down isn't cool," "No one thinks this is funny," or "Stop being such a bully."
- 3 **ONLY INTERVENE WHEN YOU FEEL SAFE TO DO SO.** Walk away or get help if necessary.
- 4 **HELP THE BULLIED PERSON GET AWAY.** Create a distraction or make an excuse that he or she is needed elsewhere.
- 5 **BE KIND TO THE PERSON BEING BULLIED.** Ask them if they are okay. Say something positive about who they are. Invite them to join your group.
- 6 **SET A GOOD EXAMPLE.** Don't bully others, ever.
- 7 **NEVER PARTICIPATE IN CYBERBULLYING.** Let an adult know if you read comments about hurting others or oneself.
- 8 **ENCOURAGE OTHERS.** Talk to your friends and agree to stand up to bullies together.
- 9 **NEVER USE VIOLENCE OR BULLYING TO DEAL WITH A BULLY.** Remember, bullies often need help, too.
- 10 **REPORT THE BULLYING** to a trusted adult (e.g., parent, teacher, coach). Know who this is. Remember, reporting is not ratting.

Visit www.braverytips.org for more information on helping others.