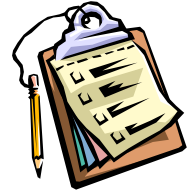


# What you can do if you see someone being bullied...



- ☑ Talk to someone who can help:
  - an older student, your friends, classroom teacher, guidance counsellor, school principal, sports coach, parents, or any adult you trust

Remember... *telling* is not *tattling*

*Telling* is what you do to get someone *out of* trouble

*Tattling* is what you do to get someone *into* trouble

- ☑ If you walk away and get help, you are part of the solution...if you stay and watch, you are part of the problem
- ☑ Stand up for kids who are bullied...they can't do it themselves
- ☑ Invite kids who are bullied to play with you somewhere else
- ☑ Comfort the person who was hurt and make it known that what happened was not fair or deserved
- ☑ The best thing you can do for kids who are bullied is to be their friend
- ☑ Tell kids who bully to back off...Bullying is NOT cool!
- ☑ If it's hard for you to speak out against bullying on your own, ask a friend to do it with you
- ☑ Help kids who bully, don't hurt them...speaking out helps, bullying back doesn't help
- ☑ 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

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