

STAND UP TO BULLYING!

bul·ly·ng



▶ **Bullying Is...**

- Teasing
- Name-Calling
- Excluding Someone
- Hitting / Kicking / Pinching
- Spitting on Someone
- Tripping / Pushing
- Taking or Breaking Someone's Things
- Making Mean or Rude Hand Gestures



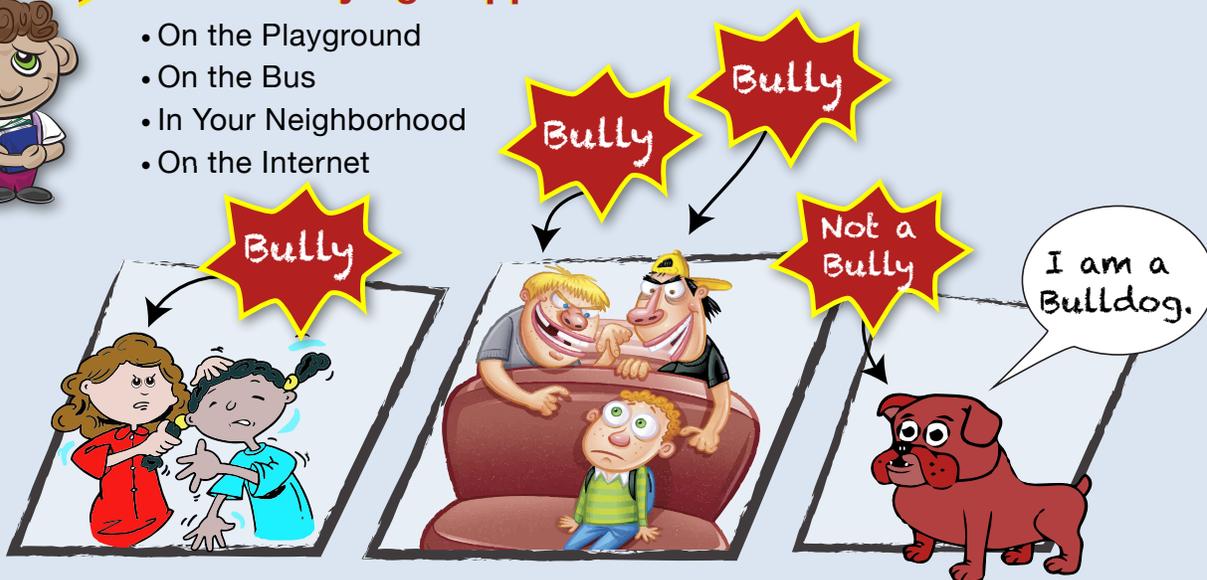
▶ **How to Stop Bullying**

- Tell your parents, teacher, or an adult you trust. They can help.
- Look at the kid bullying you or your friend and tell the bully to stop in a calm, clear voice.
- If speaking up seems too hard or not safe, walk away and stay away.
- Find an adult you trust to help.
- Be kind to the kid being bullied. Just hanging out with them will help them know they aren't alone.



▶ **Where Bullying Happens**

- On the Playground
- On the Bus
- In Your Neighborhood
- On the Internet



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DEPARTMENT OF DEFENSE EDUCATION ACTIVITY

Learn More at: <https://www.stopbullying.gov/kids/what-you-can-do/index.html>