STAND UP TO BULLYING!

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

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