

STAND UP TO BULLYING!

Brave Friend,

You have so much power inside you!

Let your voice be heard and become
the upstander you are meant to be!

Try one of these steps!



S

SEEK SUPPORT

If you see someone being bullied look around and see if you can gain support from someone else to help you stop what is happening. "Do you see that? That isn't right! Let's do something" "Come on, let's help!" If you can't get someone to join you or walk away with you - you should leave!

T

TELL A TRUSTED ADULT

Share with an adult you trust. There is a big difference between "tattling" and "reporting"- if your trying to get someone "in" trouble, that is tattling and "out" of trouble, that is reporting. You never know how hurt someone might be and you getting them help is very important.

A

ASSIST THE VICTIM

If other people see you helping they are more likely to join you. You can stand closer to the victim, you can ask "Do you need help?", "Let's get out of here.", "I will take you to the office." You can also support the victim after the incident by letting them know that "What they did was mean."

N

NEGATE WITH A POSITIVE VIEW

You can stop a rumor by sharing something positive about the victim. You could say "I was there and that is not what happened!", or "I know this person and I know them in a different way and I don't believe that story."

D

DESIGN A DETOUR

Drain the bullies power by reducing the audience that stays to watch. Help reduce their power by saying "What are you all doing here?", "Let's go!", and if no one leaves with you - you should go! Don't let your presence say the behavior is okay.

U

USE A DISTRACTION

A distraction can get the group to split up, allow the victim to get away, or help others step in to join you and help. You could say "Don't you know you will get in trouble?", "A teacher is coming.", and "Are you guys going to the football game tonight?"

P

PAUSE AND RETHINK

Help other kids and the bully pause and think about their actions. This might help others to realize why it is wrong. You could say "Let's calm down.", "You could get suspended.", "How would you feel if that was said about you?"

