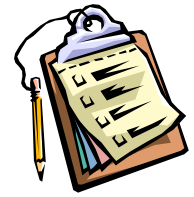


# What you can do if you are being bullied...



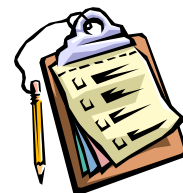
- ☑ If it's hard to stand up for yourself, ignore the bullying and walk away...then tell someone who can help
- ☑ Talk to someone who can help:
  - an older student, your friends, classroom teacher, guidance counselor, school principal, sports coach, parents, or any adult you trust

*It really does work when you talk to someone and get help.  
You may have to tell more than one person...Don't Give Up!*

- ☑ If you're scared to talk to an adult on your own, ask a friend to go with you
- ☑ Go to areas where you feel safe
- ☑ Stay close to students you can count on to stick up for you
- ☑ Look confident and tell the child who bullies to back off...bullying is NOT cool!
- ☑ Stay calm...try not to show that you are upset when being bullied
- ☑ Get funny...humour shows you're not bothered
- ☑ Be assertive, not aggressive...fighting back often makes the bullying worse
- ☑ No one deserves to be bullied
- ☑ YOU help to make your school a better place by seeking help to stop bullying
- ☑ If these tips work for you, pass them on to others

For more tips and info,  
visit [www.prevnet.ca](http://www.prevnet.ca)

# What you can do if you bully and are ready to stop...



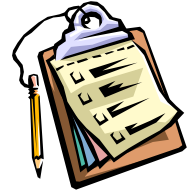
- ☑ Talk to someone who can help:
  - an older student, your friends, classroom teacher, guidance counsellor, school principal, sports coach, parents, or any adult you trust

*They can help you find ways to get along with other children.*

- ☑ Ask a friend to help you stop if you start to bully others
- ☑ Set goals each day to make it easier not to bully - keep your cool (e.g., Today I'll help others rather than hurt them)
- ☑ Understand that you may not like everyone around you, but you do have to treat them with respect.
- ☑ Appreciate kids' differences... different doesn't mean worse or better than you
- ☑ Put yourself in other kids' shoes. Would you want to be picked on, put down, or left out?
- ☑ Apologize to the kids you have bullied
- ☑ Resist peer pressure to bully...do what's right
- ☑ Know that if other kids watch and laugh, it doesn't mean they like it when you bully
- ☑ Be a real leader....real leaders treat others with respect
- ☑ YOU help to make your school a better place by being a positive leader and not someone who bullies
- ☑ If these tips work for you, pass them on to others

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# 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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