

Bullying Prevention Tip Sheet.

When you see bullying happening in your community, don't stand by – Stand UP! Here are some ways you can react to bullying.

- **Tell students who bully to please stop!**
- **Help students who bully, don't hurt them.** You can speak out and say bullying is not okay, but bullying back hurts.
- **Be a friend to students who are being bullied.** Stand up for them and invite them to hang out with you. Tell them that what happened to them was not fair and they did not deserve it.
- **Walk away and get help.** Standing up to bullying on your own can be hard. Get help from an older student or your friends, parents, teacher, guidance counselor, principal, coach, or any adult you trust.
- **Remember you are not tattling when you seek help from an adult.** Tattling is done just to get someone into trouble with an adult. When you seek help from an adult about a bullying problem, you are doing it to get yourself or someone else out of trouble.