



I'M TAKING A STAND AGAINST BULLYING!

If I see someone bullying another person, I will...

1. Refuse to join in. It can be hard to resist if a bully tries to get you to taunt or torment someone, and you may fear the bully will turn on you if you do not participate, but try to stand firm and not join in.
2. Attempt to stop the bullying before it really gets started. For example, try to draw attention away from the targeted person, or take the bully aside and ask him or her to "cool it". I will, however, not put myself at risk or danger.
3. Get a teacher or a parent or other responsible adult to come help immediately.
4. Speak up and/or offer support to someone who has been bullied. For example, help them up if they have been tripped or knocked down. If you feel you cannot do this at the time, privately support those being hurt with words of kindness later.
5. Encourage the person who has been bullied to talk with parents or a trusted adult. I will offer to go with the person if it will help.
6. I will tell an adult myself if the person who has been bullied is unwilling to report the bullying. If it is necessary for my safety, I will do this anonymously.

Print name

Sign name

Date