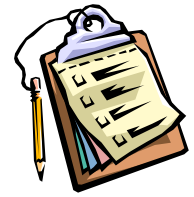


# What you can do if you are being bullied...



- ☑ 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

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