

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.

Tell kids who bully to back off... Bullying is NOT cool!

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 it's hard for you to speak out against bullying on your own ask a friend to do it with you.

If you walk away and get help you are part of the solution. If you stay and watch you are part of the problem.

Help kids who bully, don't hurt them.... speaking out helps, bullying back doesn't help.

Stand up for kids who are bullied... they can't do it themselves.

YOU help to make your school a better place by doing your part to stop bullying.

The best thing you can do for kids who are bullied is to be their friend. Comfort the person who was hurt and make it known that what happened was not fair or deserved.

If these tips work for you, pass them on to others.

Invite kids who are bullied to play with you somewhere else.

Bullying is something a lot of kids have to cope with. The more we talk about it, the faster we will stop it.

Suitable For
Ages 9-12

1 800 668 6868
Kids Help Phone
kidshelpphone.ca

**FREE ANONYMOUS COUNSELLING
24/7 BY PHONE OR BY WEB.**