

I See Kids Being Bullied, What Should I Do?

Here are some things you can do if you see other kids being bullied.

Talk to an adult who can help, like a teacher or a parent.

If it's hard for you to speak up on your own, ask a friend to do it with you.

Stand up for kids who are bullied... they need your help.

Let other kids know that you don't like what you see by turning around and walking away.

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

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

Comfort kids who are bullied and tell them they don't deserve to be treated like that.

Be aware... if you see bullying, do something about it. Bullying can stop if we all get involved.

The best thing you can do for kids who are bullied is to be their friend.

Bullying is something a lot of kids have to cope with.

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

The more we talk about bullying, the faster we will stop it.

**Suitable For
Up To Age 8**

1 800 668 6868

Kids Help Phone

kidshelpphone.ca

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