

Bullying

Stand up
and
speak
out!



You can help by:

- ☒ Not laughing
- ☒ Not joining in



Safe
Strong
Free

- ☒ Be kind
Can I help you?
- ☒ Tell a trusted adult
- ☒ Tell the person
This is not cool. This isn't ok.
- ☒ Distract
Interrupt or cause a distraction.
- ☒ Keep yourself safe