

Take notice

Notice what is happening
and recognise that
it is a problem

Be direct

If safe to do so, directly
respond and call out
the behaviour

Be kind

Offer support
& guidance

Are you ok?

What happened
isn't ok!

STOP Bullying!
IF YOU SEE SOMETHING,
DO SOMETHING!

Stay Safe

Stay close to friends and in
areas where there are lots
of people around

Distract

Redirect the focus,
drop something or
ask something

Can I speak
to you?

Get Help

Report it to a
trusted adult
or call 999



Safe
Strong
Free