



Anti-Bully: Facts and Fun!

Stay S.A.F.E.!

Speak up: don't let the bully know you are willing to be a victim. Tell the bully in a firm voice they are not being funny or cool and walk away. This usually stops a new bullying situation from becoming a chronic problem.

Ask an adult for help: don't let the problem get out of hand. Adults can only help if they know about the problem. You will not be a tattletale if you ask for help with a bullying problem. Talk to an adult you trust and keep talking until you get the help you need. Parents, teachers, counselors, and principals are all people who care about your safety.

Find your role: Think of practical solutions to your bullying problem. Easily avoid the bully or do something to get away from the situation. Go toward a group of people if you are being bullied. Prevent bullying by hanging out with a group of friends when a bully is bothering you. Bullies rarely try to pick on people who are part of a group.

End it quietly: The bully knows his victim can't defend himself or herself. Fighting or screaming will only make the bully want to keep being nasty. Instead, get away from the bully in a calm way and get help from an adult.