

Steps to Prevent Bullying

Do you know a bully?

Are you a bully?

Are you being bullied?

What is your responsibility?

My responsibility if I am bullied

- I will NOT be ashamed and afraid to seek help!
- I will NOT accept bullying as “just part of growing up”.
- I will NOT accept being bullied and I will let everyone know until I get help
- Get a friend, a parent, an adult or bystanders to support me against bullying.
- Find a supportive adult who will listen and do something-even if I have to go from adult to adult to get support.
It is right to protect myself by seeking out caring friends, supportive adults and positive social activities.

My responsibility if I am a bully

- Stop and Think! What caused my reaction?
- Stop and Think! What am I feeling right now?
- Stop and Think! What is the other person feeling right now?
- Stop and Think! What will the consequence be?
- Take a deep breath and walk away.
- Tell yourself you have the power to make the right choice and stop the behavior.

My responsibility if I see or know of bullying

- Seek immediate help from an adult.
- Speak up and offer support to the bullied person.
- Privately support those being hurt with words of kindness or condolence.
- Express disapproval of bullying behavior by not joining in the laughter, taunting (negative teasing) or spreading rumors or gossip.

[How to Prevent Bullying](#)