

STOP BULLYING IN ITS TRACKS

If You See Something, Do Something



Recognize

- when another person is in distress
- when there is an imbalance of power
- when kids are being left out
- that name calling hurts
- that you have a role to play in creating a positive school climate



Respond

- to the student who is being bullied
- to the victim with helpful advice
- by asking them to hang out
- by being an upstander
- by safely intervening
- with kindness



Report

- to a teacher
- to the principal
- to a caring adult
- on your school's website
- to an authority (bus driver)
- to your parents
- in writing