

**ARE YOU BEING  
BULLIED AND  
NEED HELP**

**NOW?**

**TAKE ACTION:**



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**LOOK** at the kid or kids bullying you, tell them to stop in a calm, clear voice

**WALK** away, if speaking up is too hard

**LAUGH** it off--if possible--to catch the bully off-guard

**FIND** an adult to stop the bullying

**TALK** to a trusted adult; never keep your feelings inside

**STAY** near adults and other kids and away from places bullying occurs

**MAKE** a plan to stop bullying with a trusted adult

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**Remember that everyone has the right to live, work, study and play in an environment free from bullying, harassment, discrimination and violence. No one deserves or asks to be bullied.**



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WHAT TO DO WHEN YOU SEE  
**BULLYING** AND WANT  
TO TAKE



# ACTION.

**1 REFUSE TO BE A BYSTANDER.** If you see friends or classmates laughing along with the bully, tell them that they are contributing to the problem. Never join in.

**2 LEND A HAND.** Ask the person who is being left out or picked on to join you and fellow upstanders in an activity.

**3 ALERT AN ADULT.** Always notify a teacher or school administrator whenever you see someone being bullied.

**4 STOP THE SPREAD OF HURTFUL MESSAGES.** If someone sends you message or tells you a rumor that is untrue, speak out. Let him or her know that this behavior is not funny or cool.

**5 BE A FRIEND.** Welcome new students. Make friends outside of your circle. Eat lunch with someone who is eating alone.

**6 RESPECT DIFFERENCES.** Remind others that differences are something to be celebrated, not used to hurt others or make others feel inferior.



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