

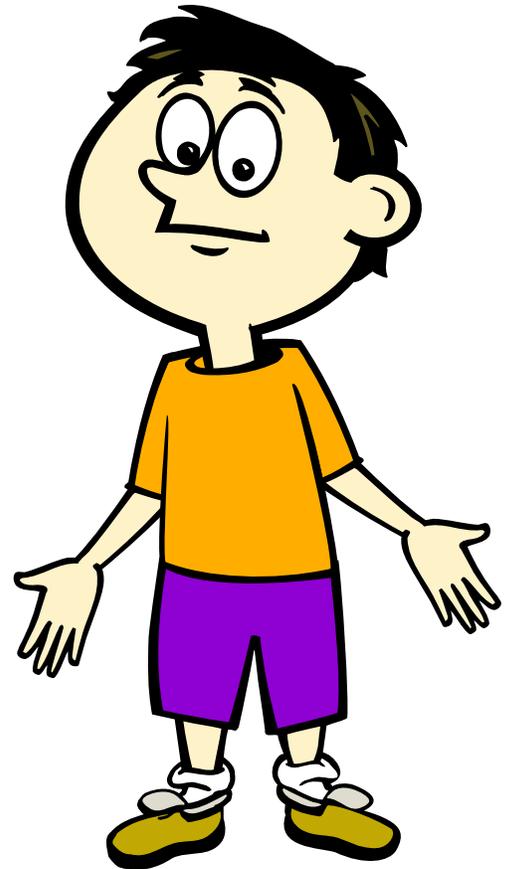


If You See Bullying

What can you do?

You know the feeling. You see someone being bullied and you feel scared. Or mad. Or sad. Or helpless. You might wonder what you can do to help. Did you know you're not alone? A lot of kids feel that way about bullying.

There are lots of things you can do to help. You could try reaching out as a friend to someone who has been bullied, or standing up for someone by defending them and telling the bully what they are doing is not ok. There are lots of options. Do what feels safe to you. Do what feels ok to you.



What can you do?

Ask the kid who is bullying to stop.

Why does this help?

Sometimes kids don't realize that what they are doing is hurting someone else. Speaking out against bullying helps everyone.



If You See Bullying

What can you do?

Not join in.

Why does this help?

Someone who bullies often likes an audience, it makes it more fun for them. If you ignore the bullying, it shows them it's not cool. Be a kid against bullying.



What can you do?

Help get them away from the situation.

Why does this help?

It is easy for someone to be bullied when no one sticks up for them. Be a friend. Walk with them to class, play with them on the playground, and let them know they're not alone.



If You See Bullying

What can you do?

Tell an adult.

Why does this help?

Adults really do care. They are the ones that can enforce the rules. It can be done while the bullying is happening or after.



What can you do?

Let them know that no one deserves to be bullied.

Why does this help?

Kids who are bullied often feel alone, like no one cares, like it might even be their fault. Let them know that someone cares.



If You See Bullying

What can you do?

Ask others to stand against bullying.

Why does this help?

When kids stick together and don't accept bullying, they can change what has happened to so many for so long. Together we can make a difference.



What can you do?

Ask your school to start a bullying prevention program.

Why does this help?

Everyone at your school needs to know what to do to prevent bullying. The end of bullying begins with you.



If You See Bullying

You can change what is happening!

Even a small act helps make a difference. When kids stand together against bullying, they can make their classroom, their school, where they live and even the world a better place!



© 2021, PACER Center, all rights reserved.

Kids Against Bullying is a website designed by PACER's National Bullying Prevention Center, a project of PACER Center.

PACER.org/Bullying | PACERKidsAgainstBullying.org | 952.838.9000 | Bullying411@PACER.org

8161 Normandale Blvd., Bloomington, MN 55437