



## Here's a list of 10 things you can do if you are being bullied

1. If it's hard to stand up for yourself, ignore the bullying and walk away... then tell an adult who can help.
2. Talk to an adult who can help, like a teacher or a parent.
3. If you're scared to talk to an adult, ask a friend to go with you.
4. Practice with your parents or teachers what to say and do the next time you are bullied.
5. Go to areas where you feel safe.
6. Stay close to students who will stick up for you.
7. Look brave and tell the child who bullies to back off...Bullying is NOT cool!
8. Stay calm...try not to show that you are feeling sad or mad.
9. Be safe...fighting back can make things worse.
10. Don't blame yourself...it's not your fault.

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