



## Have You Witnessed Bullying?

Have you seen others being bullied?

How did it feel?

What did you do?

If you see others being bullied, you can help stop it.

Help to STOMP Out Bullying and get involved! It might be easier to just watch or ignore bullying, but every one of us needs to feel safe!

How would you feel if you were being bullied? How do you think the person you are watching who is being bullied feels?

### What You Can Do

#### You Can STOMP Out Bullying™! REPORT It!

Don't be afraid to tell an adult. Telling isn't tattling! You are helping someone.

Who should you tell?

You could tell your parents, teacher, school counselor, school nurse, coach or any adult you trust. Be sure to tell exactly what happened ... who was bullied, who the bully was, where and when it happened. Even if you suspect a kid is being bullied, it's a good idea to report that, too. Most adults really do care about bullying and will be glad that you told them about it.

If you tell an adult and you don't think they are doing anything about the bullying or if the situation isn't improving, tell another adult. Keep telling adults until someone does something to help.

### BE A FRIEND TO SOMEONE WHO IS BULLIED

Just being supportive to a person who's been bullied is comforting. It shows that someone or many people care. When someone is down they need a friend. Be there for the person who is being bullied. Be a buddy on school grounds, get together after school, include them in activities, Walk home with them, sit with them on the bus. Being an understanding and supportive friend means so much. Show a kid who is being bullied that you care about them.

### STAND UP TO THE BULLY

If you feel safe and comfortable, tell the bully that what they are doing is mean and wrong. It's not cool and they should stop. Keep it simple. Do not bully them back. If you are not comfortable standing up to the bully, tell an adult.

### PAY IT FORWARD STICKY MESSAGES

Want to do something nice for someone? Want to give them a compliment?

Write something nice on a "sticky" and give it another kid at your school! It takes a minute to be kind to others and it's the 'COOL THING' to do!