

If You See Bullying

Be a Hero!

See Lots of us see bullying.

Stand It's easy to stand by.

Brave If you are brave you can be a hero.

Think How would you feel if it was you?

Don't

join in or watch people bullying.

Bullies love an audience. Walk away and see if you can get others to leave too. Don't leave someone who is in real danger.

Go get help.

Stop

rumours.

If someone tells you gossip, don't pass it on to others.

You wouldn't want rumours spreading about you!



Tell

an adult.

Letting an adult you trust know about a situation can resolve it quickly. Although you may feel uncomfortable telling an adult, they are there to protect you.

Stand

up for the person.

If you feel safe, defend the person being bullied.

Bullies often want to be popular.



Encourage

the bullied person to talk.

Offer to talk to an adult with them. Practise and rehearse together what they will say.

Support

Ask the person if they are okay. Be friendly the next day. You can make a big difference to someone just by showing that you care.

Telling is not tattling! Telling is what you do to get someone out of trouble, Tattling is what you do to get someone into trouble.