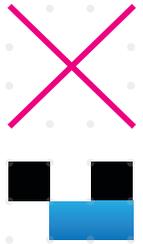


# STOP BULLYING

## SPEAK UP



### WHAT IS BULLYING?

It's what happens when someone repeatedly hurts or threatens another person on purpose. Bullying comes in many forms — name-calling, spreading rumors, physically hurting someone or even leaving people out. And it can happen in person, in writing, online, on cell phones, in school, on the bus, at home, anywhere. Wherever it happens, it's NOT acceptable.

### HOW DO YOU STOP IT?

Whether you're the one getting bullied or someone who sees it happening, there's a lot you can do to stop it. But the best thing to do is **SPEAK UP**.

#### ✘ TELL AN ADULT

You've got to talk to somebody — your parents, a teacher or someone you can trust to step in and stop the bullying. Remember, talking about it isn't tattling or snitching. You're helping someone out.

#### ✘ BE FRIENDLY

Saying a few kind words to the person who was bullied makes a huge difference. Try something like "I'm sorry that happened to you." Let them know bullying is not OK, and it's not their fault.

#### ✘ GET INVOLVED

Volunteer to help with your school's bullying prevention program. Encourage everyone at your school to speak up against bullying. Together we can make a difference and help stop bullying. So speak up.



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