



*I see kids being  
bullied.  
What should I do?*

## Here's a list of 10 things you can do if you see other kids being bullied:

1. Talk to an adult who can help, like a teacher or a parent.
2. Stand up for kids who are bullied...they need your help.
3. Invite kids who are bullied to play with you somewhere else.
4. Comfort kids who are bullied and tell them they didn't deserve to be treated like that.
5. The best thing you can do for kids who are bullied is to be their friend.
6. Tell kids who bully to back off...Bullying is NOT cool!
7. If it's hard for you to speak up on your own, ask a friend to do it with you.
8. Let other kids know that you don't like what you see by turning around and walking away.
9. Help kids who bully, don't hurt them...speaking out helps, bullying back doesn't help.
10. Be aware...if you see bullying, do something about it. Bullying can stop if we all get involved.

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