What you can do if you see someone being bullied...

☑ Talk to someone who can help:
  - an older student, your friends, classroom teacher, guidance counsellor, school principal, sports coach, parents, or any adult you trust

  Remember... **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

☑ If you walk away and get help, you are part of the solution...if you stay and watch, you are part of the problem
☑ Stand up for kids who are bullied....they can’t do it themselves
☑ Invite kids who are bullied to play with you somewhere else
☑ Comfort the person who was hurt and make it known that what happened was not fair or deserved
☑ The best thing you can do for kids who are bullied is to be their friend
☑ Tell kids who bully to back off...Bullying is NOT cool!
☑ If it’s hard for you to speak out against bullying on your own, ask a friend to do it with you
☑ Help kids who bully, don’t hurt them...speaking out helps, bullying back doesn’t help
☑ **YOU** help to make your school a better place by doing your part to stop bullying
☑ If these tips work for you, pass them on to others

For more tips and info, visit www.prevnet.ca

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