

DO YOU WATCH OTHER YOUTH BEING TARGETED?

Here are some things to try and some things to remember if you see others being harassed and you want to make it stop.

SOME THINGS TO TRY

- * Talk to someone you trust, like your parents, a friend, a teacher, a counselor, or coach. It's their job to intervene and make the bullying stop.
- * Walk away and get help...if you stay and watch, you're part of the problem. If you get help, you're part of the solution.
- * Be assertive, not aggressive...speaking out helps, fighting and insulting others doesn't.
- * Ask for help from friends in speaking out against harassment... there's strength in numbers.
- * Make an anonymous report to school staff if it's too hard to speak out publicly.
- * Invite the student being harassed to leave the situation with you.

SOME THINGS TO REMEMBER

- * Be aware...wouldn't you want someone to step in if you were being harassed?
- * Avoid encouraging the harassment by watching and laughing...send the message that you don't like what's going on. Turn away, don't watch.
- * It only takes one person to take a stand before others will follow their lead. Have the courage to be that person.
- * Stand up for others who are targeted...they may not be able to do it for themselves.
- * Stay safe...if speaking out doesn't make the bullying stop, get help from someone who can safely intervene.
- * Violence and harassment is everyone's problem and we all have to get involved if it's going to stop.

You must be the change you wish to see in the world
- Gandhi

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