

# What to do if you see someone is being bullied



## What?

Sometimes you might be there when another student is bullied at school. You might be able to help. You can tell the bully to stop. You can walk away with the other student and find somewhere safe. If you think another student might be hurt or is in danger because of being bullied, it is important that you tell an adult as soon as it is safe to do so.

## How to do it:

These are some of the things you can say or do when you see another student being bullied, and you feel safe and able to help them.

(To the person bullying) "Stop that! It isn't funny" (If they don't stop, you can say) "Stop that or I will tell a teacher!"

(To the other student) "We can walk away together."

"Are you okay? Do you need help to get it to stop?"

"Bullying isn't okay. It isn't your fault."

## What?

If you see another student being bullied, and you **don't** feel safe and able to help them, you could do the following:

## How to do it:

1. Walk away and find a teacher or adult.
2. Walk away. Students who bully like to have others watching them. If you and your friends walk away, the bully might give up.
3. Invite the other student to join you and your friends. "You can come and join our game/group."

## What?

You can tell a teacher or adult that another student is being bullied.

## How to do it:

\_\_\_\_\_ is being bullied by \_\_\_\_\_

(name of the student being bullied)

(name of the student being bullied)

They are \_\_\_\_\_

(describe where they are/were and what was done)

Choose which statement fits your needs:

"What can I do?"

"Can you help me report it?"

"What will you do to help?"

