

Take a Stand Against Bullying

Everyone has the right to feel safe in their school and community. If you see someone being bullied, **you have the power to stop it.**

By standing up for someone who is being bullied, you are not just helping someone else; you are also helping yourself. It is important to help others when you can.

What to Do When Someone is Being Bullied

- **Take a stand and do not join in.** Make it clear that you do not support what is going on.
- **Do not watch someone being bullied.** If you feel safe, tell the person to stop. If you do not feel safe saying something, walk away and get others to do the same. If you walk away and do not join in, you have taken their audience and power away.
- **Support the person being bullied.** Tell them that you are there to help. Offer to either go with them to report the bullying or report it for them.
- **Talk to an adult you trust.** Talking to someone could help you figure out the best ways to deal with the problem. Reach out to a parent, teacher or another adult that you trust to discuss the problem, especially if you feel like the person may be at risk of serious harm to themselves or others.

Work to Prevent Bullying

Bullying is less likely to occur when there are strong messages against it. Work with your school, community, or other groups to create and support these messages:

- Get involved with your school and community to find ways to prevent bullying.
- Create an assembly, performance, or event to spread the message.
- [Be a leader](#) [PDF 540 KB] and teach younger kids that bullying is not okay and that they can stop bullying before it begins.