

Take a Stand Against Bullying

Everyone has the right to feel safe in their community or on their campus. If you see someone being bullied, know that you have the power to stop it.

What to Do When Someone is Being Bullied

- **Take a stand and do not join in.** Do not stand around watching someone being bullied. If you feel safe, tell the person to stop. Make it clear that you do not support what is going on.
- **Walk away.** If you walk away and don't join in, you have taken their audience and power away.
- **Give support.** Talk to the person being bullied and tell them that you are there to help.
- **Talk to an someone you trust.** Reach out to someone 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 campus, community, or other groups to create and support these messages by:

- Getting involved with your community and around campus to find ways to prevent bullying.
- Creating an assembly, performance, or event to spread the message.
- Teaching others that bullying is not okay and that they can stop bullying before it begins.