

Actions You Can Take:

If you are the target of bullying tell someone! Confide in a trusted adult:

- A parent
- A teacher
- A counselor
- A coach
- A friend

Keep this person informed each time an incident occurs so that they can help you determine the best course of **action** to take next. Other things you can do in the meantime, until things get better, are to:

- Try to walk with a friend or group of friends -- there is safety in numbers.
- Find a safe place that you can go to get away from the bully.
- Turn and walk the other direction when you see the bully heading your way – if possible, walk towards an adult.

If you witness someone being bullied there are several things that you can do to try to help. Some of these **actions** include:

- Go up to the Target/Victim and ask them to walk away with you
- If you feel safe to do so, tell the Bully to stop
- Go get help from an adult
- Tell a parent or other trusted adult what is going on
- Recruit some of your other friends to join you in befriending the Target/Victim

What not to do:

- Do not encourage the Bully
- Do not try to fight or otherwise engage in physical contact with the Bully
- Do not laugh or joke about the incident
- Do not take pictures or videos of the incident, unless your sole intention is to show the video to a teacher or parent for the purpose of helping!
- Never post embarrassing photos or videos of a bullying incident on the Internet, or share them with anyone, other than a parent or teacher for the purpose of helping.

- Even if you can't speak out in front of others, don't remain silent about the bullying

Having good character and doing the right thing will take you much farther in life than being popular. If you have been a Bystander in the past, you may have done the right thing and stood up for the person being bullied or gone and gotten help. If you did nothing, you may be experiencing feelings of guilt and remorse for not taking a stand. Regardless of what may have happened in the past, you can move forward with the intent to do the right thing in the future.