



Your Mission Statement

When you see someone being bullied, remember the tips below and help stop a bully!

Speak up

Tell the bully what you think about what's going on by saying "That's not funny, let's get out of here" or something similar. You can help stand up for another kid.

Be a friend

When kids go somewhere without their friends, they are more likely to get picked on by a bully. If you see someone being picked on, even if you don't know the person, be a friend and ask the kid to walk away from the the bully.

Get an adult

If you see someone being a bully, get an adult. Either tell the adult what is going on or ask the adolt to talk to the kid who is being bullied.

A large, empty rectangular box with a thick green border. On the left side of the box, there is a vertical spiral binding, suggesting it is a page from a notebook or binder. The box is intended for the user to write their mission statement.