

## BULLYING PREVENTION TIP SHEET FOR STUDENTS:

When you see bullying happening in your community, don't stand by – Choose Action! Let's Work Together to End Bullying Now!

Here are some ways you can react to bullying when you're faced with it.

- Tell kids who bully to stop!
- Stand up for kids who are bullied – they can't always do it themselves.
- Help kids who bully, don't hurt them – speaking out helps, but bullying back hurts.
- If it's hard for you to speak out against bullying on your own, ask a friend to do it with you.
- Talk to someone who can help:
  - An older student, your friends, classroom teacher, guidance counsellor, school principal, sports coach, parents or any adult you trust.
- Remember, telling is not tattling. Telling is what you do to get someone *out of* trouble; tattling is what you do to get someone *into* trouble.
- If you walk away and get help, you are part of the solution. If you stay and watch, you are part of the problem.
- The best thing you can do for kids who are bullied is be their friend.
- Comfort the person who was hurt and make it known that what happened to them was not fair or deserved.

When you Choose Action! You are helping to make your community a better and safer place.

If you ever need help, call: Kids Help Phone Line: 1-800-668-6868 or at <http://www.kidshelpphone.ca/teens/home/splash.aspx>