

# If You See Bullying Be a Hero!

**See**

Lots of us see bullying.

**Stand**

It's easy to stand by.

**Brave**

If you are brave you can be a hero.

**Think**

How would you feel if it was you?

## Don't

join in or watch people bullying.

Bullies love an audience. Walk away and see if you can get others to leave too. Don't leave someone who is in real danger.

Go get help.

## Stop

rumors.

If someone tells you gossip, don't pass it on to others.

You wouldn't want rumors spreading about you!



## Stand

up for the person.

If you feel safe, defend the person being bullied.

Bullies often want to be popular.



## Encourage

the bullied person to talk.

Offer to talk to an adult with them. Practice and rehearse together what they will say.

## Support

Ask the person if they are okay. Be friendly the next day. You can make a big difference to someone just by showing that you care.

**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.