

It's Cool to Care

Stand Up! Speak Out! Against Bullying

Tips From Kids Who Have Been There

If you are being bullied

- Tell an adult ... it does work!
- Never give up, keep trying until you find someone who will listen.
- Make new friends and hang out with them.
- Do something outside of school where you can make other friends.
- Get involved at school.
- Block and delete nasty messages you get on your computer or cell phone.
- Think positively about yourself.

If you see someone being bullied

- Take a stand when it happens to other people.
- Watch out for others who are alone; invite them to hang out with you.
- Don't stand around and watch; walk away and tell an adult.

If you are bullying others

- Put yourself in their shoes.
- Treat others the way you want to be treated.
- You have the right not to like someone, but you don't have the right to make them not like themselves.