

Which of these things can you do to help stop bullying?

- Be kind.
- Don't call other kids names.
- Say nice things to other people.
- Ask kids to join your games.
- Stand up for others.
- Respect people's things.
- Talk to an adult.

Answer: All of these will make a difference. They all can help.



**Be a friend.
Bullying hurts everyone.**

Nobody likes to be teased,
hurt or left out.
Everyone wants to feel safe.
Learn about bullying so
you can help stop bullying –
before it hurts.

This pamphlet is not a substitute for medical care.
If you have questions or concerns, please talk with
a health care provider.

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What Is Bullying

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What is bullying?

Check the boxes that could be bullying.

It might be bullying if someone:

- Teases or calls someone a name.
- Hits, kicks or pushes another person.
- Says mean things.
- Talks about hurting someone.
- Leaves a person out on purpose.
- Takes or hurts someone's stuff.
- Says mean things in a text, email, or online game.

Answer: All of the above. It is bullying when someone does any of these things more than one time.



What you can do? Try these three things.

1. Say stop.

If you are being bullied, or if you see another kid being bullied, speak up! Say "Stop. That's bullying."



2. Walk away.

If the person doesn't listen, walk away.



3. Talk to an adult.

If the bullying does not stop, get help from an adult.



If you are bullied, you may feel sad, mad, scared or alone. Talk to an adult about your feelings.