

# IF YOU SEE BULLYING

## DO:

TELL AN  
ADULT

BE KIND TO  
THE PERSON  
BEING  
BULLIED

ASK THE  
BULLY TO  
STOP

HELP THE  
PERSON  
BEING  
BULLIED

## DON'T

IGNORE IT

BE MEAN  
TO THE  
BULLY

LAUGH AT  
THE PERSON  
BEING  
BULLIED

JOIN IN  
THE  
BULLYING