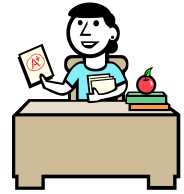


BULLYING ISN'T COOL



There are lots of ways that you can help to stop bullying in your school and neighborhood. Here are a few:

- Be Kind.
- Refuse to join in when others are being bullied.
- Refuse to watch when someone is being bullied.
- Speak out! Say something like don't do that! It's not nice!"
- Distract the bully so that he or she stops bullying. Yell something like, "The teacher is coming!"
- Report any bullying to an adult who can help.
- Stand up for the person who is being bullied. Gather your friends around or invite him/her to join you.
- Be a friend to the person who is being bullied.
- Make friends with a person who is being left out.

Can you think of some other ways to stop bullying? Write them down here and share them with your friends and family.

Remember that no one ever deserves to be bullied. We are all different and that makes each of us very special and unique.

Bullying! No way! There's always a better way!



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