## What to do it you are being bullied



## Always tell someone.

Tell a responsible adult or a friend.

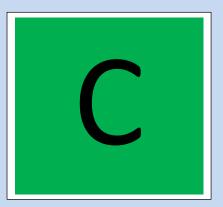
Someone to resolve the situation. You WILL be taken seriously.

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## Be positive.

Try not to let the bully see that you're upset.

Say no and walk away confidently.



## Care for each other.

You have a *responsibility* to tell an adult if you know someone is being bullied.

Don't be a bystander!