

# What to do if you are being bullied

A

**A**lways tell someone.

Tell a responsible adult or a friend.  
Someone to resolve the situation. You **WILL**  
be taken seriously.

B

**B**e positive.

Try not to let the bully see that you're  
upset.  
Say no and walk away confidently.

C

**C**are for each other.

You have a **responsibility** to tell an adult if  
you know someone is being bullied.  
**Don't be a bystander!**