

# STOP BULLYING... take a stand!

## TIPS IF YOU ARE BULLIED:

- Don't ignore it.
- Don't fight back. Becoming a bully yourself will not make the situation better.
- Try to not to show anger or fear. Bullies like to see that they can upset you.
- Calmly tell the bully to stop, or just say nothing and walk away.
- If the bullying continues, keep a record of the incidents to show to a parent or teacher.
- Tell your parents, or any other adults you trust. If you decide to tell someone from your school, like a teacher or counselor, remember that telling is not tattling.
- Remember—nobody is going to blame you for what is happening and you don't have to go through it alone.
- Don't isolate yourself from your friends. They can help you get through it.

## TIPS IF YOU ARE CYBERBULLIED:

- Never respond to an e-mail or IM from a cyber bully. It's always better to just walk away.
- Save the IMs or e-mails, then print and show them to an adult you trust, like a parent or school counselor.
- Don't be afraid to talk to someone about this. The sooner you tell a parent or counselor, the sooner you can get back to using your computer without feeling afraid or uncomfortable.
- If it continues or if any physical threats are made, report it to your ISP. They can cancel the cyber bully's account and even alert the police.
- Make a "whitelist," which is a list of your real friends' screen names and e-mail addresses. Any one who isn't on this list won't get through unless you give permission.
- Think carefully about what you say online. Make sure it's not going to hurt or scare someone.

