



## BULLYING PREVENTION TIP SHEET FOR STUDENTS

When you see bullying happening in your community,  
don't stand by – Stand UP!

Here are some ways you can react to bullying.

- ✓ Tell students who bully to stop!
- ✓ Help students who bully, don't hurt them – speaking out helps, but bullying back hurts.
- ✓ If it's hard for you to stand up to bullying on your own, ask a friend to do it with you.
- ✓ Talk to someone who can help:
  - An older student, your friends, parents, teacher, guidance counselor, principal, coach, or any adult you trust.
- ✓ Remember, telling is not tattling. Telling is what you do to get someone *out of* trouble; tattling is what you do to get someone *into* trouble.
- ✓ If you walk away and get help, you are part of the solution. If you stay and watch, you are part of the problem.
- ✓ Stand up for students who are bullied – they can't always do it themselves.
- ✓ The best thing you can do for students who are bullied is be their friend.
- ✓ Invite students who are bullied to play with you somewhere else.
- ✓ Comfort students who are bullied. Let them know that what happened to them is not fair and they do not deserve it.

When you Stand UP! to bullying, you are helping to make your  
community a better and safer place.

For more information, visit: [www.prevnet.ca](http://www.prevnet.ca)



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