Refuse to Be Bullied!

Decide whether to speak out by asking yourself:

Is it safe?
• Is the person doing the bullying older or bigger than I am?
• Is there more than one person doing the bullying?
• Do I have friends nearby who can help me?
• How far away is an adult?

Take these steps if it is safe:
• Say “Stop!”
• Label it: “That’s bullying.”
• Walk away calmly.