

# Responding to Bullying as a Bystander

## Step 1

Recognize the bullying.

## Step 2

**Ask yourself if it is 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 any friends nearby who can help me?
- How far away is an adult?

## Step 3

**YES, it is safe.**

Refuse the bullying by speaking out.

Say "Stop!" and label it.

Encourage others to speak out.

Then report later.

**NO, it is not safe.**

Report the bullying right away.

Go with the person being bullied to report.

**Report immediately to an adult if:**

- You or someone else is in danger.
- Someone is touching or showing private body parts.
- Refusing doesn't work.