

The Three Rs of Bullying

1. Recognize the bullying.

- Is it fair?
- Is it one-sided?
- Is someone using power in a hurtful way?
- How does it feel?

2. Refuse to be bullied.

- Is it safe for me to speak out assertively?

If it's safe to speak out:

- Use clear, strong words that mean "Stop."
- Label it: "That's bullying."
- Walk away calmly.
- Report the bullying.

3. Report the bullying.

Report to an adult immediately if:

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

If you are not sure what to do, get help from an adult.

Block Those Rumors!

A *rumor block* is a statement you make to a person who tells you a rumor.

Use a rumor block when:

- You are the target of a rumor.
- You hear a rumor about someone else.

Sample rumor blocks:

- “That sounds like a rumor to me.”
- “You don’t have proof of that.”
- “You don’t know if that’s true.”
- “That sounds like something you should talk about with the person involved.”