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.”