

# Is It Safe to Speak Out?

If the following statements describe the situation you are in as a bystander, it might not be safe to speak out:

- The group is too big. They might gang up on me.
- None of the other bystanders look uncomfortable. I don't think I can get help from them.
- I do not have any friends or allies in the group who will support me.
- There are no adults nearby.
- I feel trapped.
- The person doing the bullying will not listen to me.
- The person doing the bullying is older or bigger than me.
- The person doing the bullying is not my friend.

Remember, if you're not sure if it is safe, get help from an adult.

# Why Is This Part of the Solution?

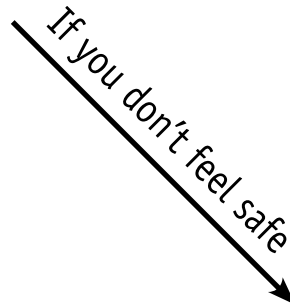
1. A bystander could refuse to watch a bullying situation.
2. A bystander could ask an adult for help with a bullying situation.
3. A bystander could talk to someone privately who's being bullied and offer to help.
4. A bystander could try to get other bystanders to do something other than watch the bullying.
5. A bystander could invite a person being bullied to join a group activity.
6. A bystander could encourage other bystanders to get involved and help stop the situation.
7. A bystander who is a friend of the person doing the bullying could encourage that person to stop.
8. Several bystanders could start hanging out with someone who is being bullied. They could become a protective group.
9. A bystander could save a seat on the bus or at lunch for the person being bullied.

# You Decide

**1. Read the situation on the strip together.**

**2. Ask, “Is it safe?”**

Decide if it is safe to refuse first or if you need to report immediately. Write down your reasons.



**3. Practice Refusing**

Speak out to  
refuse the bullying.

**Practice Reporting**

Make a report  
about the bullying.

**4. Ask, “What can we do now?”**

Think about what else you could do to support the person who was bullied. Write down your ideas.