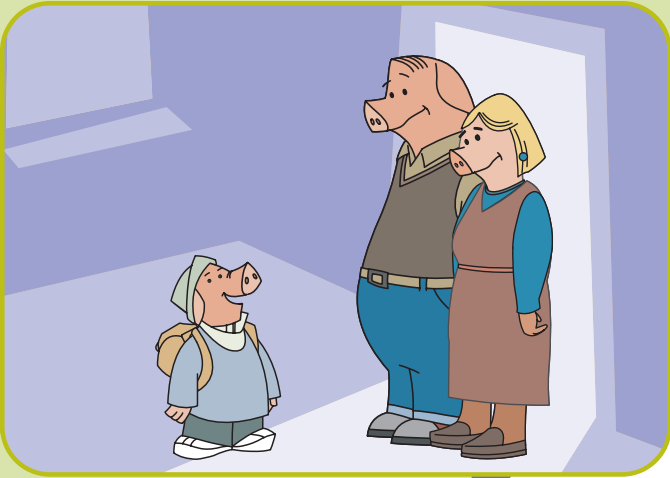
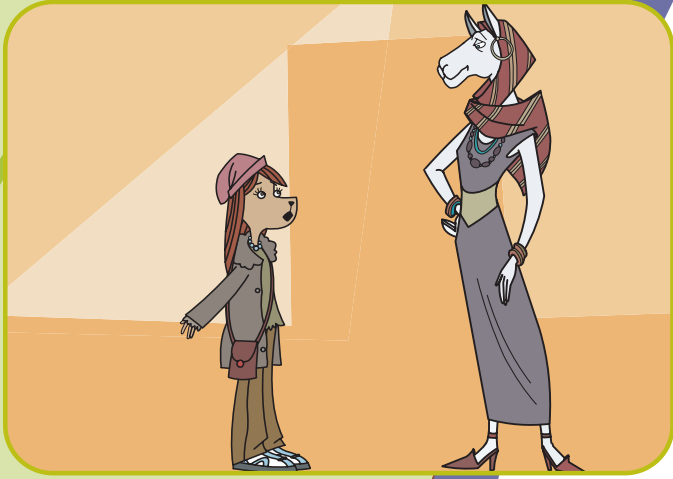


What should I do if I'm bullied?



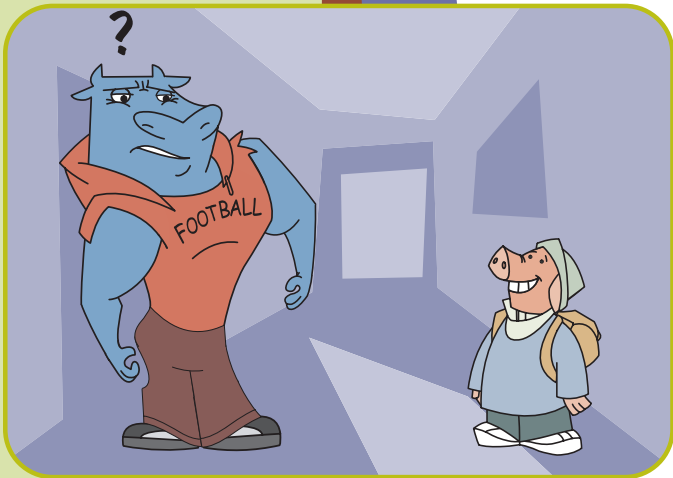
Tell your parents.
Your parents can help stop the bullying.



If you are bullied at school, tell your teacher, school counselor, or principal. Telling is not tattling. Write down what happened, where and when it happened, and who bullied you.



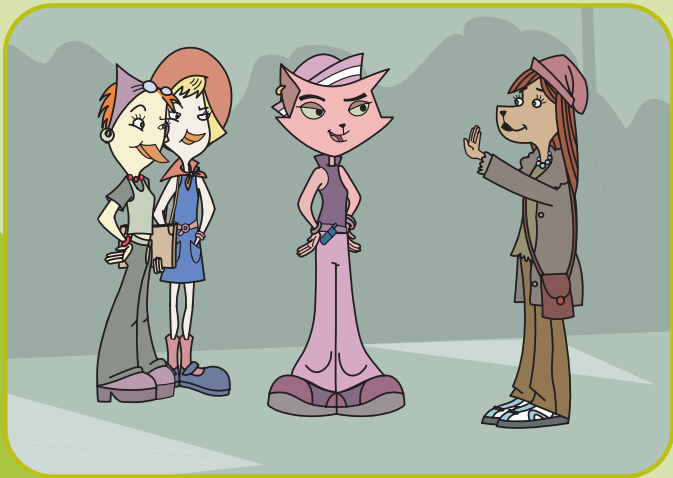
If you are nervous about talking with an adult at school, ask a friend or a parent to go with you.



Try not to show anger or fear. Students who bully like to see that they can upset you.



Don't fight back.



Calmly tell the student to stop...or say nothing and then walk away.



www.StopBullyingNow.hrsa.gov