

TEN WAYS TO END BULLYING

- 1. MAKE A PACT WITH YOUR FRIENDS AND FAMILY TO NOT BULLY OTHERS.**
- 2. SHOW RESPECT TO EVERYONE BY SAYING NICE AND ENCOURAGING THINGS.**
- 3. OFFER TO BE THERE FOR PEOPLE WHO NEED SOMEONE TO TALK TO.**
- 4. INVITE SOMEONE NEW TO EAT LUNCH WITH AT SCHOOL OR TALK TO SOMEONE NEW IN CLASS.**
- 5. SEE SOMETHING? SAY SOMETHING! REPORT ALL BULLYING TO SOMEONE IN CHARGE.**
- 6. DON'T LAUGH, JOIN IN, OR ENCOURAGE PEOPLE TO BULLY OTHERS.**
- 7. SET A POSITIVE EXAMPLE BY STANDING UP FOR PEOPLE WHO ARE BEING BULLIED.**
- 8. REMEMBER, ONLINE ACTIONS CAN HAVE THE SAME NEGATIVE IMPACT AS IN-PERSON ACTIONS.**
- 9. IF YOU ARE BEING BULLIED, DO NOT KEEP IT TO YOURSELF. TELL SOMEONE WHO CAN HELP YOU.**
- 10. SHARE THESE WITH OTHERS TO END BULLYING IN YOUR COMMUNITY.**



Anti-Bullying Seminar

*Come join us in the fight
Friday, October 22, 2021,
at 6 pm*

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