

how to be an upstander

against bullying

1

stay calm – don't react or retaliate!

in some situations, this can make bullying worse



2

interrupt the bullying (if it's safe to do so)



3

remove the person being bullied from the situation, e.g. "Hey, come and sit with us."



4

offer support, e.g. "I saw what was happening and it's not ok! How are you feeling"



5

tell trustworthy adults. tell more than one and keep talking to them until the bullying has stopped.



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