



# not all superheroes wear capes!



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

the bullying



3

## remove the person being bullied from the situation

the person being bullied from the situation



hey, come and sit with me!

4

## offer support

i saw what was happening and it's not okay! how are you feeling?



5

## tell adults you trust

Tell more than one adult and keep telling them until the bullying stops

