When you see bullying,
there are safe things you can do to make it stop.

- Talk to a parent, teacher, or another adult you trust. Adults need to know when bad things happen so they can help.

- Be kind to the kid being bullied. Show them that you care by trying to include them. Sit with them at lunch or on the bus, talk to them at school, or invite them to do something. Just hanging out with them will help them know they aren’t alone.

- Not saying anything could make it worse for everyone. The kid who is bullying will think it is ok to keep treating others that way.

*Information from Stopbullying.gov*