

Ways to Stay Bully-Free

- Act confident.
- Tell a friend and adults if you or someone you know is being bullied.
- If you see someone being bullied, **be an ally** so they don't feel alone.
- Be assertive and say, "Stop it!"
- Use humor. Agree with the bully. ("My hair does look funny.")
- Travel with others.
- Stay calm. Don't let them see you upset.
- Practice how to handle different situations with a trusted adult or friend.

Responses to Cyber-bullying

- **Be kind.** Spend time with a friend who is being bullied. Reassure them with supportive calls and texts.
- **Set a good example.** Don't forward mean messages or use insults to defend a friend.
- **Block Bullying.** Advise the friend not to reply or even read text messages or online attacks. Help the friend block bullies or change their password.
- **Ask those who are bullying to stop.** Stand up for your friend if it feels safe to do so.
- **Gather Evidence.** Take screen shots and copy messages to keep records of what was said.
- **Tell others.** Help your friend report what is happening to a trusted adult. Report the abuse to the website.

Note: "Snitching" is to get someone in trouble. "Reporting" is to keep someone safe.