Don't Be a Bystander

Speak up!!

What can you do?

- Tell the bully to stop
- Reach out to the victim
- Don't become the audience
- Don't laugh or encourage the bully
- Be a friend to the victim
- Tell an adult: teacher, coach, nurse, or parent
- Don't allow others to become isolated

Bullying can cause

- Depression
- Fear
- Loneliness
- Poor Academic Performance
- Physical Illness
- Low Self-Esteem
- Anxiety
- Suicidal Thoughts
Don't Watch This Happen. Stand up to Bullying!