



## My friend is being bullied - what should I do?

If you've ever seen videos of kids being bullied, a lot of times, there's other people watching, laughing and joining in. If you've seen someone being bullied in real life, you'll know that it's easy to just stand there and do nothing - but it doesn't have to be that way!

Try one of these ideas to help someone who's being bullied;

1. If you see bullying, always tell someone, preferably a teacher. If you don't want to tell directly, you could write an anonymous note or tell without naming names.
2. There's usually more bystanders than bullies so when one person steps in to help, others are more likely to as well. Look for ways to step in calmly, without making the situation worse.
3. For example, if someone is being picked on, casually tell the bully, "Enough la, it's not funny" or if it looks like an argument might get physical, find a way to separate or distract those involved, before it does.
4. If it's not safe to intervene, don't put yourself in danger. Quickly go and tell an adult.
5. Ask if the bullied person is ok - it's that simple! It can be really helpful for them to know that someone cares.
6. Encourage the bullied person to tell an adult and if they don't want to, offer to go with them.

Just seeing someone being bullied can be horrible, so don't be afraid to talk to someone about how you're feeling.

**#STAND  
TOGETHER**