

What to do if you see someone is being bullied

What?

Sometimes you might be there when another child is bullied. You might be able to help. You can tell the bully to stop. You can tell the other child to tell the bully to stop. You can walk away with the other child and find somewhere safe. If you think another child might be hurt or is in danger because of being bullied, it is important that you tell an adult as soon as it is safe to do so.

How to do it:

These are some of the things you can say or do when you see another child being bullied, and you feel safe and able to help them.

(To the person bullying) *"Stop that! It isn't funny"* (If they don't stop, you can say) *"Stop that or I will tell a teacher!"*

(To the other child) *"You can tell them to stop, or we can walk away together."*

"Are you okay? Do you need help to get it to stop?"

"Bullying isn't okay. It isn't your fault."

What?

If you see another child being bullied, and you DON'T feel safe and able to help them, you could do the following:

How to do it:

1. Walk away and find a teacher.
2. Walk away. Kids who bully like to have others watching them. If you and your friends walk away, the bully might give up.
3. Invite the other child to join you and your friends. You can come and join our game/group.

What?

You can tell a teacher that another child is being bullied

How to do it:

Here is a script for telling a teacher that another child is being bullied.

_____ is being bullied by _____
(child's name) *(describe the person or people)*

They are _____
(describe where they are/were and what was done)

Choose which statement fits your needs:

"What can I do?"

"Can you help me report it?"

"What will you do to help?"