

**BE A HERO**  
**The end of  
bullying will  
begin with me!**

**STOP  
BULLYING**

**CHILDREN:** Most kids have been teased by a sibling or a friend at some point. And it's not usually harmful when done in a playful, friendly, and mutual way, and both kids find it funny. But when teasing becomes hurtful, unkind, and constant, it crosses the line into bullying and needs to stop. There are simple steps children can take to stop bullying on the spot and keep yourself safe.

**DO**

- ...tell an adult if you are being bullied.
- ...stand up for yourself, by speaking up.
- ...tell your bully how he/she makes you feel and do it publicly.
- ...be kind to others. Treat people how you'd like to be treated.
- ...your part to stop bullying.



**DON'T**

- ...keep your feelings bottled up.
- ...tease and/or fight others.
- ...be judgmental.
- ...say mean or hurtful thing to anyone.
- ...be a bystander. Stand up for someone who may be getting bullied.



**Are You Ready To  
Make A Difference?**

**AntiBullyingInstitute.org**

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SOURCE: [stopbullying.gov](http://stopbullying.gov)