



# Stand UP Against Bullying

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## Prevent bullying by:

- Being aware of kids who are alone and left out. Be purposeful about including them.
- Learning to cope with strong emotions so that you don't say or do things that can be hurtful to others. Learning to say calmly and clearly what is happening and how you're feeling is a great way to treat others well.
- Speaking kindly to others.
- Putting yourself in others' shoes. Think about how others may have experienced unfair treatment because of their abilities, how they look, or their background and how that can feel for them.

## Anyone can take a stand against bullying. Here are some ideas to get started:

- Tell the person who is bullying to stop.
- Help the person being bullied to get away from the situation.
- Find a trusted adult if it's not safe for you to speak up.
- Stand next to or walk with the person being bullied so that they aren't alone.
- Go with the person being bullied to report it to an adult.

