

# Anti-Bullying Tips and Strategies

## Report it

If you (or someone you know) are being bullied, don't just let it slide. Let someone supportive know: a friend, family member, teacher, or HR.



Most people really do care and want to set things right, so let them help you!

## Stand Up For Yourself

If you feel safe and comfortable enough to do so, let the bully know what they are doing is wrong and they should stop. Do not bully them back, simply tell them to stop and move on.



## Be a Friend

If you see someone being bullied, help them out and let them know they matter. Being understanding and supportive is meaningful. You can make a big impact on someone who needs a friend.



## Find Safe Spaces

If you are part of a group where you are being bullied, it may be best to leave it behind. Find a safe, comfortable space with like-minded folks where you can be yourself.

