

Bullying:

What I can do
to make it stop.



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What is Bullying?

Bullying is when
someone is mean to you
over and over again.



over and over again.

Bullying is **mean**.
Bullying is **hurtful**.
And it's not your fault.



How Bullying Makes Me Feel



When kids are mean to me, I feel:

Sad



Scared



Lonely



Angry



Like something
is wrong
with me



But these feelings are normal.

Many kids get bullied. ♡

It does not mean I am bad.



I am not alone. I am important. I deserve kindness.

What I Can Do

When someone is being mean, I can:

1

Walk away.

I can leave and go to a safe place.



2

Tell a trusted adult right away.

I can tell:

- ★ My mom or dad
- ★ My teacher
- ★ The school counselor
- ★ Another family member I trust



3

Use my words.

I can say "Stop. That is not okay" in a calm voice. Then I walk away.



4

Find a friend.

I can play with kids who are kind to me.



5

Remember the truth.

The mean things they say are not true. I am a good person.



I Am Not Alone

There are people who love me
and want to help:



My family



My teacher



My school counselor



God



I can pray
and ask God
to help me feel
brave and safe.



I Need to Tell



Telling a trusted adult is not tattling.

It is brave.

It is the right thing to do.



If I tell and it does not stop, I can tell again.



I can keep telling until someone helps.



My voice matters. I am brave. I will keep telling.



Words I can Say when someone bullies me

I can use words like:

he hit me



she said
mean words



he pushed
me



she took
my food or toy



When I use
words, I protect
myself.



What Adults Will Do

The grown-ups who care about me will:



★ Listen to me



★ Believe me



★ Keep me safe



★ Talk to the kids who are being mean

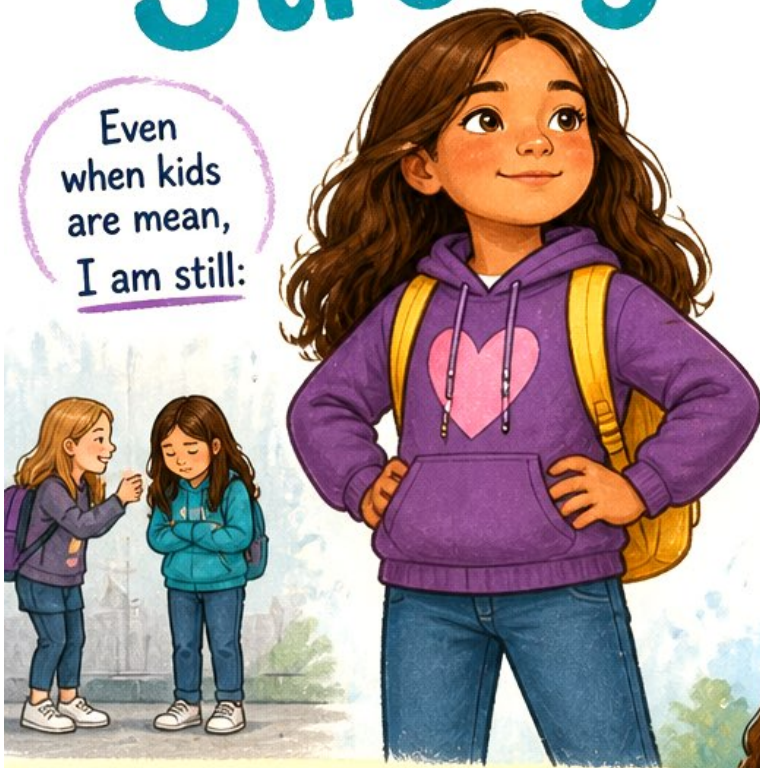


★ Make a plan to help



I Am Brave and Strong

Even
when kids
are mean,
I am still:



★ Smart



♥ Kind



★ Worthy of
friendship



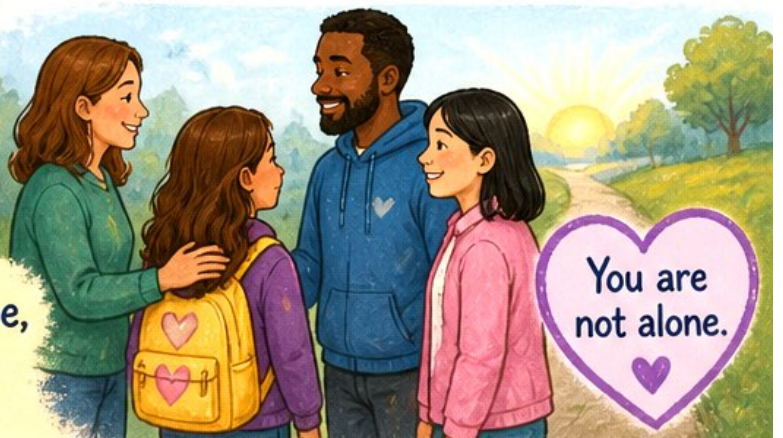
♥ Loved by
my family



✝ Loved by
God



♥ Bullying will not last forever.
With help from the people who love me,
things will get better. ♥



You are
not alone.

≡ Remember: ≡

If you are being bullied,
tell a trusted adult today.



Kind words can heal.

 You don't have to go through it alone.  



It's okay to feel hurt.
Your feelings matter.



Talk to someone you trust.
You don't have to carry it alone.

My feelings
are real, and
that's okay.



I'm feeling
hurt. Can I
talk to you?



Thank you for
telling me. I'm
here for you.



You are
important.
You are
not alone.



Asking for
help is a
sign of
strength.



Be kind with your words.  Be brave and ask for help.

Together, we can lift each other up.



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