October 2019
Stall Talk

October is National Bullying Prevention Month!

What you can do about Bullying...

REPORT IT
Don't be afraid to tell an adult (your parents, teacher, school counselor, administrator, school nurse, coach or any adult you trust). Telling isn't snitching! You are helping someone.

BE A FRIEND TO SOMEONE WHO IS BULLIED
Just being supportive to a person who's been bullied is comforting. It shows that someone cares and that they are not alone.

IF YOU ARE A BYSTANDER
Don't laugh, participate, encourage the bully or be an audience. If you can, help the victim get away.

STAND UP TO THE BULLY
If you feel safe and comfortable, tell the bully that what they are doing is mean and wrong. It's not cool and they should stop. Keep it simple. Do not bully them back. If you are not comfortable standing up to the bully, tell an adult.

www.stompoutbullying.org

If you are being Cyber Bullied...

- Tell an adult that you trust
- Never respond to harassing, negative and threatening messages about you
- Block the person or number that is harassing you
- Never respond to or forward inappropriate photos. You could be breaking the law! Do not send inappropriate photos – they could go viral!
- You can also report threatening or harassing messages to school staff, the social media platform, your cell phone provider, or local police.

For more information, talk to your School Counselor or Student Assistance Program (SAP) Counselor, Ms. Senator