



WORD SEARCH

Sometimes it's hard to find the words to stop a bully or to tell someone that you are being bullied. But if you don't take a stand, who will? Bullies are counting on bystanders to just do nothing so if you don't speak up, you are actually siding with the bully. Remember that often the best way to help is to go and tell an adult.

Find the Words:

- | | | |
|---------------------|-----------------|-----------------------|
| Stop | Rumors | Taunting |
| Bullying | Pushing | Cyber bullying |
| Now | Hitting | Scared |
| Take a Stand | Threaten | Be a friend |
| Lend a Hand | Hurt | |

M S D L O R S I T A M N S E C T E U B R A D S C A R E D
 G I E D E E I U S M O P O R I N N R U M O R S T L A B O
 P D O E M N G N A A L U T E N I M D L M I N I E N I A M
 U N T U D E D E R C I T U L L A M O L L A B I S N I S I
 S I I E X E A A O C Y B E R B U L L Y I N G M I E I R U
 H U R T B O J E H E N T I N V O L P I T A T E L I T E S
 I L M O L E O R E A F T N U L L A A N R T A U N T I N G
 N C S R A D A P S C N N H G E T S D G D O E S M H D T E
 G I T I D U N F U L B D R I E T L R O E M A A A R I Q U
 U N O M I E A I R M Q U T R T U D S E N O W R C E T A I
 N L P L A S Q B N I S I A I Q T U P I E X E O M A O D O
 O E A D U I S T E I E U R O O R I N I R E P H E T D E R
 T T A T A K E A S T A N D E C I L N U M L O E U E U G I
 T L P R I A A D M I V M D P S U D O G L O R T A N E T C

What can you do if you're bullied?

- Tell your parents, teacher, school counselor, or other trusted adults.
- Don't fight back. Don't try to bully those who bully you.
- Try not to show anger or fear. Students who bully like to see that they can upset you.
- Calmly tell the student to stop...or say nothing and then walk away.
- Use humor, if this is easy for you to do.
- Try to avoid situations in which bullying is likely to happen.
- Sit near the front of the bus.
- Don't bring expensive things or lots of money to school.

What can you do if someone else is bullied?

Tell an adult. Get help.

Say kind words to the child who is being bullied, such as "I'm sorry about what happened," and "I don't like it!" Help them understand that it's not his or her fault. Be a friend. Invite that student to do things with you, such as sit together at lunch or work together on a project. EVERYONE NEEDS A FRIEND!

Tell the student who is being bullied to talk to someone about what happened. Offer to help by going along.

Remember, no one should put themselves in an unsafe situation but there are things we can all do to **Stop Bullying Now!**