Don’t Be A Statistic

The statistics on bullying clearly show there is a need to stop bullies.

There are ways YOU can help.

* SPEAK UP!

If you see bullying at school, speak up. Speaking up for victims of bullying shows them that you care.

* BE KIND!

In addition, being kind to others is a great way to set a positive example, and show you are committed to anti-bullying behavior.

* SEEK ADULT HELP!

Finally, if you see peers being bullied, seek adult help. Ask an adult or teacher to get involved. Adults can help stop bullies and make students feel more safe.

Mavericks Don’t Bully.

Be a Maverick!

Bullying – Are You Part of the Solution or the Problem?

By doing nothing, you are actually doing something…being part of the problem.

Are You A Silent Bystander?

Silent Bystanders often contribute to the problem of bullying by watching and doing nothing without even realizing their effect. Silent Bystanders serve as an audience for the bully, which provides him/her with the attention he/she craves. And their silence may be seen as acceptance.

Caution – Silent Bystanders often become bullies themselves to avoid being the target of a bully.

Why are there silent bystanders?

Silent Bystanders usually know in their hearts that the bullying is wrong, but they do not know how to stop it.

How to be an Active Bystander.

* Group Intervention: Join other bystanders to show disapproval of the bully, as a team. Calling someone out is easier when done with a team. If the bystander audience shows disapproval, the bully may be discouraged from continuing.
* Distraction: Offer a new conversation topic. Or call the victim’s cell so they have a reason to exit.
* Partnering: Physically stand beside the victim so he/she feels supported. You may wish to walk away from the situation together.
* Be Proactive: Talk with friends about how to handle bullies before going out. Make a plan to stick together.
* Prepare Yourself: Be aware of your own behavior. You may be unknowingly contributing to bullying.

Research indicates the best way to stop and prevent bullying is active bystanders.

Remember Martin Luther King Jr.’s words:

**“In the end we will not remember the words of our enemies, but the silence of our friends.”**

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