



What to do if I am being bullied?



If I think that I am being bullied, I should not talk to the bully.



If I can, I should get away from the bully.



Then, I should tell my trusted adult right away.



My trusted adult might be family member or another adult who knows me.

They can help me.



It is always important to get help if I am being bullied.

Fold page here to follow along