



## Tips to Avoid Bullying:

**Are you being picked on or bullied?**

**Here are 5 things you can do to help avoid being a target**

**S** *tand tall and walk in a way that shows you are a person deserving respect.*  
– Your body language can help prevent you from being a target.

**T** *ell an appropriate adult.*  
– Telling to prevent a dangerous situation is not tattling.

**A** *void being in harm's way.*  
– Getting away from a dangerous situation is not being a coward. It's being smart.

**N** *Say NO to the bully's demands from the start.*  
– If you give in to small things, he'll demand more. EXCEPTION: If you are in physical danger, go along until you can report it.

**D** *evelop friendships*  
– Stand up for each other. Support others and ask for support. If someone is being bullied, speak up. If someone is being excluded, include them in your group.

Source: [http://www.bullyproof.org/bullyproof\\_stand.php](http://www.bullyproof.org/bullyproof_stand.php)

Infographic by: BullyingEpidemic.com © 2012  
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**NOTE to Early Elementary Teachers:**

Review the S.T.A.N.D. flyer on the previous page, as well as Stimulus #1 on the main page ("Take a Stand" video).

As a class, brainstorm about the role of the **individual** in preventing bullying, as well as the role of **other students**, and the role of **adults**.

Why is identifying these roles important prior to creating an Anti-Bullying Program at your school? How does everyone need to work together to stop bullying?