

BE A HERO
**The end of
bullying will
begin with me!**

**STOP
BULLYING**

PARENTS AND EDUCATORS: When adults respond quickly and consistently to bullying behavior they send the message that it is not acceptable. Research shows this can stop bullying behavior over time. There are simple steps adults can take to stop bullying on the spot and keep kids safe.

DO

- ...listen and ask questions.
- ...intervene immediately. Get another adult to help, if needed.
- ...separate the kids involved, make sure everyone is safe.
- ...meet any immediate medical or mental health needs.
- ...stay calm. Reassure the kids involved, including bystanders.
- ...model respectful behavior when you intervene.



DON'T

- ...ignore it. Kids can't always work it out without an adult.
- ...immediately try to sort out the facts.
- ...force other kids to say publicly what they saw.
- ...question the children involved in front of other kids.
- ...talk to the kids involved together, only separately.
- ...force the kids to apologize or patch things up on the spot.



**ANTI-BULLYING
INSTITUTE**
RIVERSIDE MEDICAL CLINIC
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**Are You Ready To
Make A Difference?**

AntiBullyingInstitute.org