

You Can Take a Stand

Have you ever seen someone getting bullied? Maybe you wanted to help, but didn't know what to do. Maybe you worried about being the next target. Maybe you've already been bullied. Whether it happens to you or someone else, bullying can be scary and upsetting. But there's good news—you have the power to make a difference.

When bystanders ignore mean behavior, the bully may think they support what he's doing. But most kids don't like to see bullying. One study found that



when bystanders took a stand, the bully stopped more than half of the time.

There are ways to help without confronting the bully or risking your own safety. Telling a trusted adult is one of the best things to do. If the adult doesn't do anything, don't give up. Keep talking to adults until someone listens and takes action. You can also be a friend to kids who are picked on. Bullying is wrong. Your courageous actions can promote justice. Take this quiz to build your confidence and get more ideas.

Read each question, then choose the most effective response in each situation.

1. If a bully is insulting my friend:

- a) I yell back and threaten the bully.
- b) I do nothing, feeling relieved it wasn't me.
- c) I calmly encourage my friend to walk away with me.

2. If I see bullying:

- a) I just watch, hoping nobody gets hurt.
- b) I slip away and quietly tell an adult.
- c) I ignore it and go to class.

3. If I've been bullied at school:

- a) I hide the bully's backpack in the cafeteria.
- b) I tell my parents or a teacher.
- c) I bully other kids to feel better.

4. If there is no anti-bullying policy at my school:

- a) I talk to my teachers or principal about making one.
- b) I tell kids bullying isn't against the rules.
- c) I ask my parents to send me to a different school.

5. If kids who pick on me hang out in the same place at school:

- a) I wait until they're bullying someone else, then walk by.
- b) I get friends to walk with me.
- c) I won't go to class if it's near there.



6. If an adult asks me about a bullying incident I saw:

- a) I tell the truth about what happened.
- b) I tell them I didn't really see anything.
- c) I make it sound like it was no big deal.

7. If a friend of mine is picking on someone:

- a) I say, "Way to go!"
- b) I check to make sure no teachers are coming to catch him.
- c) I say, "Let's do something else," to distract my friend and get him to stop.



8. If a kid is often alone and is regularly picked on:

- a) My friends and I sit with her at lunch.
- b) My friends and I try to ignore her.
- c) I feel helpless because there's nothing I can do.

9. If there's grabbing, pushing, or hitting, or it looks like there might be:

- a) I dump my backpack and get ready to jump in.
- b) I get an adult right away.
- c) I stand a little farther back.

10. If kids make fun of my clothes:

- a) I tell my parents I need new clothes.
- b) I wear a big coat over my outfit all day.
- c) I ignore them because my clothes are fine.

