

# STAND UP AGAINST BULLYING

“Justice must be sacred, and the rights of all the people must be considered.” —Abdu'l-Bahá

**W**hat do you do when you see a kid getting bullied? What if someone picks on you? Whether you or someone else is the target, you can take action. You won't find one solution that always works, but you can come up with several strategies.

People often mistreat others because it makes them feel powerful. If we do nothing, the bullying kids think that what they're doing is okay. That makes life worse for everyone. Speak up when you see bullying, and tell adults about it. If we all stand up for justice, we can build a more peaceful world.

Fill in missing letters to find ways to create a bully-free environment.

- 1 Set a good **E \_\_ A \_\_ P \_\_ E**. Show others that it's cool to be kind to everyone.
- 2 Walk tall and sit up straight and confidently. Kids are less likely to pick on you if you look **S \_\_ R \_\_** of yourself.
- 3 Kids in **G \_\_ O \_\_ PS** often aren't bullied. Stick together.



- 4 **AV \_\_ I \_\_** places where bullying kids hang out, if possible.
- 5 If you see kids who are alone and being bullied, **\_\_ NV \_\_ TE** them into your circle of friends.

- 7 Bullying on the **\_\_ N \_\_ ERNE \_\_** can be harmful and dangerous. If you see it, tell a trusted adult.
- 8 If friends are bullied, tell them that it's not their fault, and **\_\_ IS \_\_ EN** if they want to talk.
- 9 Encourage people to be themselves, and support **D \_\_ VE \_\_ S \_\_** personalities.



- 6 Find out about the anti-bullying policy at your school, or ask the principal to help you start one. Put up anti-bullying **PO \_\_ TER \_\_**.



If you're bullied, try these ideas.

- 1 Don't believe the mean comments. You're a **N \_\_ B \_\_ E** being who deserves respect.
- 2 **C \_\_ L \_\_ LY** and firmly tell the bullying kid to stop.
- 3 Keep your cool and don't get emotional. **J \_\_ K \_\_** around to catch the bullying kids off guard.
- 4 Give a **C \_\_ M \_\_ LIM \_\_ NT**. If a kid mocks your soccer skills, you could say, "You're pretty good. Show me how you do that!"
- 5 Answer with **B \_\_ R \_\_ N \_\_** responses, such as "Hmmm," or "Really." Be dull.
- 6 Sometimes **IG \_\_ O \_\_ I \_\_ G** bullying is enough. Walk away.
- 7 If you're hurt, scared, or angry about being bullied, **T \_\_ L \_\_** with a friend and tell a trusted adult.
- 8 Manage the stress. Eat right, stay active, enjoy your hobbies, pray, meditate, and get **SL \_\_ \_\_ P**.
- 9 Continue to be **F \_\_ I \_\_ ND \_\_ Y**. Don't let cruel words or actions affect how you treat others.