

Bully Proof Yourself Today



1) Do You Know How it Feels to be Bullied?

2) Do You Know Who and Where the Bullies Are?

3) Do You Know How To Get Away?

- a. Walk Away when you Can.
- b. Talk your way out If you are not being hurt.
- c. They are looking for a fight, and If you won't fight, they may leave you alone.
- d. Agree with them. That might confuse them and stop the confrontation.
- e. TELL AN ADULT IF YOU ARE EVER THREATENED.

IF SOMEONE THREATENS YOU, MAKES FUN OF YOU, OR PUSHES YOU AROUND, YOU HAVE BEEN BULLIED.

IF YOU OR A FRIEND HAVE BEEN BULLIED, TELL AN ADULT - BULLIES CAN BE STOPPED!

