



The problem	What you can do
There has been a crime or someone is at immediate risk of harm.	Call 911.
Someone is feeling hopeless, helpless, thinking of suicide.	To talk to someone now: • Call 988 • Chat with 988 Lifeline • Text 988 • Visit the National Crisis Lifeline For Spanish speakers: • Call 988 • Visit Ayuda en Español: Lifeline For deaf/hard of hearing: • Dial 711 then 988 Free and confidential support resources are available to you 24 hours a day, 7 days a week.
Someone is acting differently than normal, such as always seeming sad or anxious, struggling to complete tasks, or not being able care for themselves.	Find a local counselor or other mental health services
A child is being bullied in school.	Contact the: 1. Teacher 2. School counselor 3. School principal 4. School superintendent 5. State Department of Education See more on working with the school.
The school is not adequately addressing harassment based on race, color, national origin, sex (including sexual orientation and gender identity), disability, or religion.	Contact: • School superintendent

	• State Department of Education • U.S. Department of Education, Office for Civil Rights • U.S. Department of Justice, Civil Rights Division
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What kids can do:

What Kids Can Do

Are you being bullied? Do you see bullying at your school? There are things you can do to keep yourself and the kids you know safe from bullying.

- [Treat Everyone with Respect](#)
- [What to Do If You're Bullied](#)
- [Protect Yourself from Cyberbullying](#)
- [Stand Up for Others](#)
- [Get Involved](#)

Treat Everyone with Respect

Nobody should be mean to others.

- Stop and think before you say or do something that could hurt someone.
- If you feel like being mean to someone, find something else to do. Play a game, watch TV, or talk to a friend.
- Talk to an adult you trust. They can help you find ways to be nicer to others.
- Keep in mind that everyone is different. Not better or worse. Just different.
- If you think you have bullied someone in the past, apologize. Everyone feels better.

What to Do If You're Bullied

There are things you can do if you are being bullied:

- Look at the kid bullying you and tell him or her to stop in a calm, clear voice. You can also try to laugh it off. This works best if joking is easy for you. It could catch the kid bullying you off guard.
- If speaking up seems too hard or not safe, walk away and stay away. Don't fight back. Find an adult to stop the bullying on the spot.

There are things you can do to stay safe in the future, too.

- Talk to an adult you trust. Don't keep your feelings inside. Telling someone can help you feel less alone. They can help you make a plan to stop the bullying.
- Stay away from places where bullying happens.
- Stay near adults and other kids. Most bullying happens when adults aren't around.

Protect Yourself from Cyberbullying

Bullying does not always happen in person. Cyberbullying is a type of bullying that happens online or through text messages or emails. There are things you can do to protect yourself.

- Always think about what you post. You never know what someone will forward. Being kind to others online will help to keep you safe. Do not share anything that could hurt or embarrass anyone.
- Keep your password a secret from other kids. Even kids that seem like friends could give your password away or use it in ways you don't want. Let your parents have your passwords.
- Think about who sees what you post online. Complete strangers? Friends? Friends of friends? Privacy settings let you control who sees what.
- Keep your parents in the loop. Tell them what you're doing online and who you're doing it with. Let them friend or follow you. Listen to what they have to say about what is and isn't okay to do. They care about you and want you to be safe.
- Talk to an adult you trust about any messages you get or things you see online that make you sad or scared. If it is cyberbullying, [report it](#).

Stand Up for Others

When you see bullying, there are safe things you can do to make it stop.

- Talk to a parent, teacher, or another adult you trust. Adults need to know when bad things happen so they can help.
- Be kind to the kid being bullied. Show them that you care by trying to include them. Sit with them at lunch or on the bus, talk to them at school, or invite them to do something. Just hanging out with them will help them know they aren't alone.

Not saying anything could make it worse for everyone. The kid who is bullying will think it is ok to keep treating others that way.

Get Involved

You can be a leader in preventing bullying in your community.

- Find out more about where and when bullying happens at your school. Think about what could help. Then, share your ideas. There is a good chance that adults don't know all of

what happens. Your friends can go with you to talk to a teacher, counselor, coach, or parent and can add what they think.

- Talk to the principal about getting involved at school. Schools sometimes give students a voice in programs to stop bullying. Be on a school safety committee. Create posters for your school about bullying. Be a role model for younger kids.
- Write a blog, letter to the editor of your local newspaper, or tweet about bullying.

What teens can do:

Bullying stops us from being who we want to be, and prevents us from expressing ourselves freely, and might even make us feel unsafe. If you are bullied, say something! If you are bullying, it's not cool!

I might be being bullied

- **SPEAK UP:** If you feel uncomfortable with the comments or actions of someone... tell someone! It is better to let a trusted adult know, than to let the problem continue.
- Get familiar with [what bullying is](#) and [what it is not](#). If you recognize any of the descriptions, you should stay calm, stay respectful, and tell an adult as soon as possible.
- If you feel like you are at risk of harming yourself or others [get help now!](#)

Someone is bullying me online or via text message

- Remember, bullying does not only happen at school. It can happen anywhere, including through texting, the internet and social media.
- Learn more about [cyberbullying](#) and [how to respond](#) if it is happening to you.

I don't get bullied, but my friend does

- Learn how [you can be more than a bystander](#).

I want to contribute to anti-bullying initiatives in my school or community

The Federal Partners in Bullying Prevention invite you to take action to make a difference in your community! By following the steps in this youth engagement toolkit, you can join other youth leaders across the country and the Federal Partners to organize a bullying prevention social and educational event.

- [Youth Engagement Toolkit - PDF](#)

- Use tools like the [Youth Leaders' Toolkit - PDF](#) to work with younger kids.
- Read about how other [teens](#) have gotten involved.
- [Work with your school](#) to contribute your views on bullying.

I did something I regret and my friends won't talk to me anymore. What can I do?

- If possible, try to speak privately with each of them to offer an apology.
- Acknowledge that what you said or did offended or hurt them.
- Explain that you are trying to learn from your mistake and ask if they will help you understand how it made them feel.

Someone I know said something that really offended me and my friends. I want to call them out. What should I do?

- If someone you know said something that hurt you, talk to them privately. Tell them how their words or actions made you feel.
- Try to learn more about what was behind their words before judging or blaming them. Talk it out. Listen.
- Agree together to have an open conversation and learn from each other so you can both move on from the incident without causing more harm.
- If the person continues to be offensive, walk away and don't engage with their behavior.

My friends want to give the "silent treatment" to another student because of something they said, and they want me to join in. What should I do?

- Don't participate in public or online shaming. You don't need to make a [public comment](#) about it.
- Speak to your friends and explain why you don't want to do it. For example, you could say, "I disagree with them, but I don't want to bully anyone." You can also encourage your friends not to do it.

What adults can do:

Stop Bullying on the Spot

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:

- Intervene immediately. It is ok to get another adult to help.
- 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.

Avoid these common mistakes:

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

Get police help or medical attention immediately if:

- A weapon is involved.
- There are threats of serious physical injury.
- There are threats of hate-motivated violence, such as racism or homophobia.
- There is serious bodily harm.
- There is sexual abuse.
- Anyone is accused of an illegal act, such as robbery or extortion—using force to get money, property, or services.

Find Out What Happened

Whether you've just [stopped bullying on the spot](#) or a [child has reached out to you for help](#), follow the steps below to determine the best way to proceed.

- Keep all the involved children separate.
- Get the story from several sources, both adults and kids.
- Listen without blaming.

- Don't call the act "bullying" while you are trying to understand what happened.

It may be difficult to get the whole story, especially if multiple students are involved or the bullying involves [social bullying](#) or [cyberbullying](#). Collect all available information.

Determine if it's Bullying

There are [many behaviors that look like bullying](#) but require different approaches. It is important to determine whether the situation is bullying or something else.

Review the [definition of bullying](#). To determine if this is bullying or something else, consider the following questions:

- What is the history between the kids involved? Have there been past conflicts?
- Is there a power imbalance? Remember that a power imbalance is not limited to physical strength. It is sometimes not easily recognized. If the targeted child feels like there is a power imbalance, there probably is.
- Has this happened before? Is the child worried it will happen again?
- Have the kids dated? There are special responses for [teen dating violence](#).
- Are any of the kids involved with a [gang](#)? Gang violence has different interventions.

Remember that it may not matter "who started it." Some kids who are bullied may be seen as annoying or provoking, but this does not excuse the bullying behavior.

[State law](#) and school policy may have additional guidelines for defining bullying behavior.

Once you have determined if the situation is bullying, [support the kids involved](#).

Source: <https://www.stopbullying.gov/resources/get-help-now>