

# **Is This Bullying?**

- 1. Ask, “Is this bullying?”**
  - a. Are the actions harmful to you or someone else?**
  - b. Are you or someone else afraid?**
  - c. Has this happened more than once?**
- 2. Check it out if you need to.**
- 3. Think of your choices.**
- 4. Act out your choice.**
  - a. If yes, report the bullying.**
  - b. If no, be brave.**

# **Reporting Bullying**

- 1. Ask yourself, “Should I tell someone?”**
- 2. Decide whom to tell.**
- 3. Tell.**
- 4. Ask for help to stop the bullying.**