

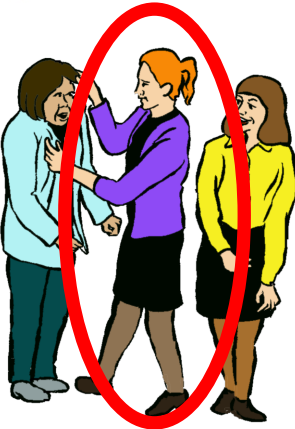
Help the person being bullied.

## Be Brave.



Don't walk on past a Bully, try these things:

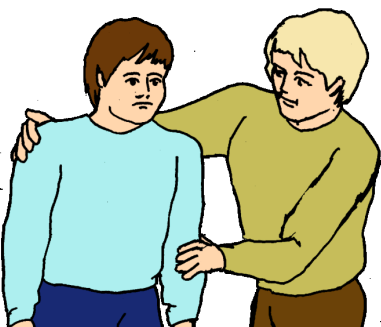
- keep watching what is happening



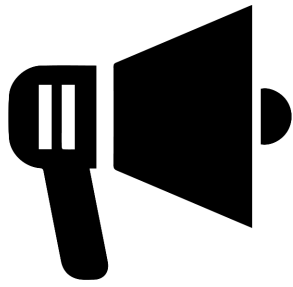
- remember who does what



- try to help, but make sure you keep safe

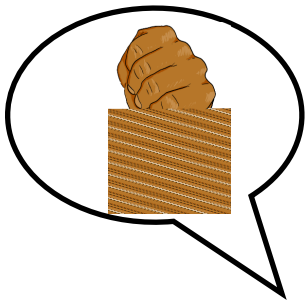


- stay and help the person being bullied afterwards.



# Be Heard.

Say bullying is wrong.

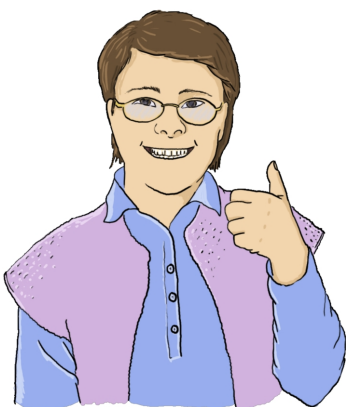


It's difficult saying things to bullies, but it does help:

- keep calm and say why bullying is wrong



- try saying something like, 'stop, this is wrong' and say why



- but make sure you stay safe and don't put yourself in danger.

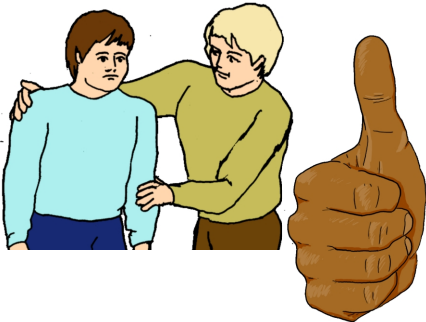


**You can help make a better world by what you do and say:**

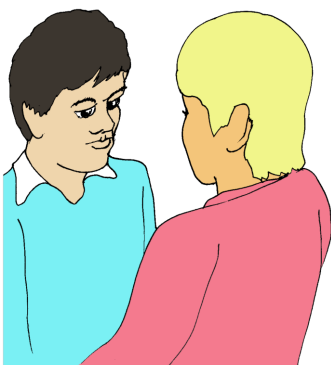
## **Be Kind.**



- we can't do everything, so don't worry if you can't stop bullying when it happens



- but you can support the person being bullied, and that can help a lot



- check the person being bullied is OK



- help them tell a teacher, friend or the police.



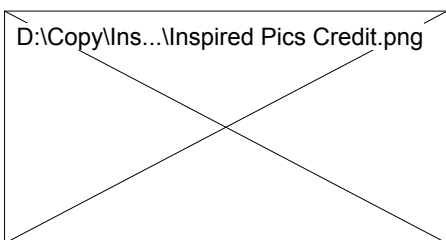
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