

Make new friends,
outside of your circle.



Show others how to
be a great friend.

Stand up, and speak
up for people.



Don't be a bystander!



How to be an

UPSTANDER

to bullying.

Ask a teacher or
adult for help.



Stop untrue or harmful
messages from spreading.



Respect and celebrate each others'
differences - it's cool to be unique!



Learn more about WHY
people bully, and what
you can do to help them.



Include everyone
in games.

