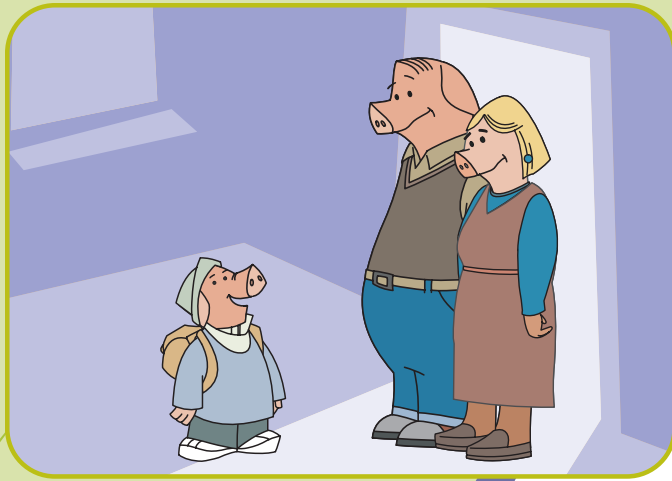
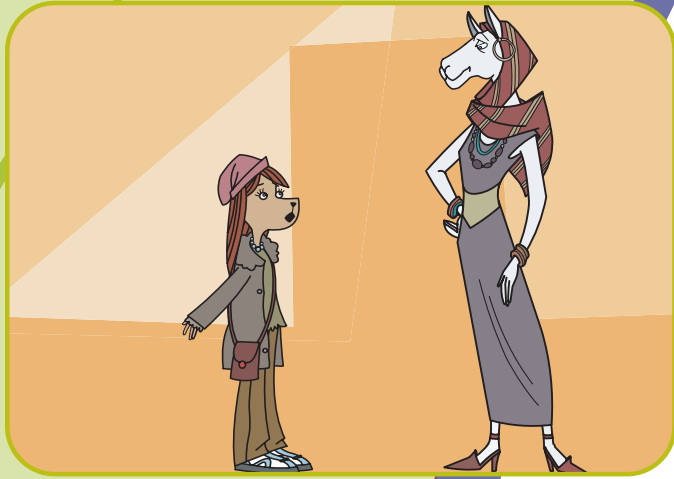


# What should I do if I'm bullied?



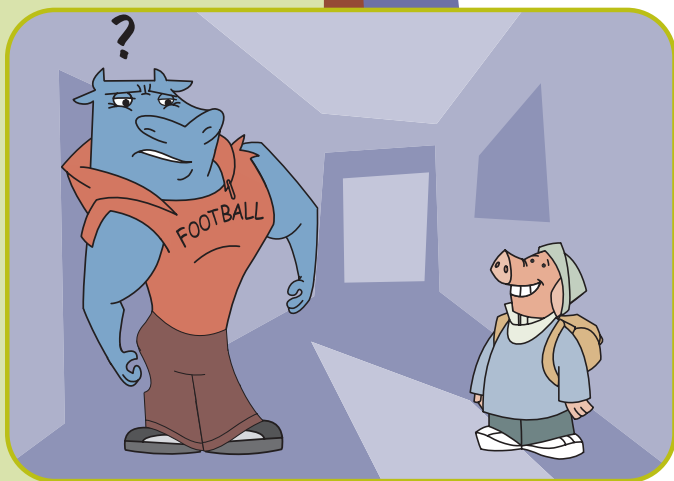
**Tell your parents.**  
Your parents can help stop the bullying.



**If you are bullied at school, tell your teacher, school counselor, or principal. Telling is not tattling. Write down what happened, where and when it happened, and who bullied you.**



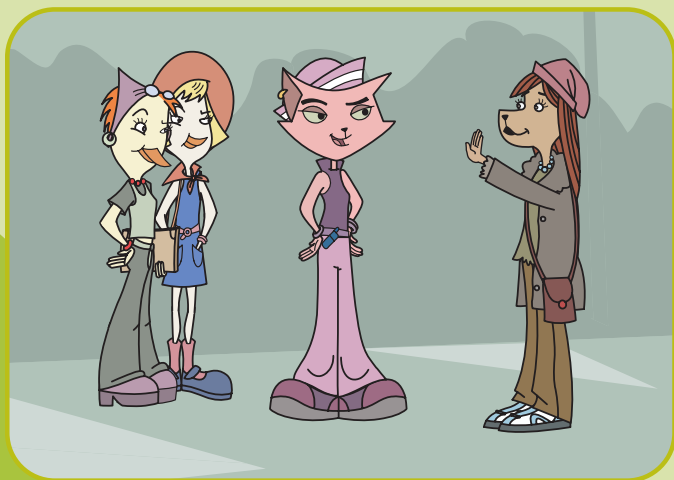
**If you are nervous about talking with an adult at school, ask a friend or a parent to go with you.**



**Try not to show anger or fear. Students who bully like to see that they can upset you.**



**Don't fight back.**



**Calmly tell the student to stop...or say nothing and then walk away.**



**STOP BULLYING NOW!**  
TAKE A STAND. LEND A HAND.

[www.StopBullyingNow.hrsa.gov](http://www.StopBullyingNow.hrsa.gov)