

HELP YOUR CHILD S.T.A.N.D. U.P.!

ADPATED FROM UNSELFIE
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S

SEEK SUPPORT

Get help from someone else present in confronting or stopping bullying behavior

T

TELL A TRUSTED ADULT

Find a teacher, parent, or other adult leader and enlist their help. Know that there is a difference between reporting and tattling.

A

ASSIST THE VICTIM

Help the victim of bullying by standing close, asking what you can do, empathizing with them, helping them leave, or providing support after it is over.

N

NEGATE WITH A POSITIVE VIEW

Stop rumors in their tracks by sharing positive views or experiences with the victim.

D

DESIGN A DETOUR

Find a way to help onlookers leave the scene--may bullies rely on an audience. Take it from them.

U

USE A DISTRACTION

Ask the bully a question, talk about something random, get in between the bully and the victim, or use a false excuse (e.g. a teacher is coming).

P

PAUSE AND REDIRECT

Invite the bully to rethink their actions by reminding them why their actions are wrong and hurtful. Tell them their actions are not okay.

*Remember:
Your child just needs 10
seconds of glorious courage to
make a difference!*