

# Are you being picked on or bullied?

Here are 5 things you can do to help  
avoid being a target



**S**tand tall and walk in a way that shows you are a person deserving respect.

- *Your body language can help prevent you from being a target.*

**T**ell an appropriate adult.

- *Telling to prevent a dangerous situation is not tattling.*

**A**void being in harm's way.

- *Getting away from a dangerous situation is not being a coward. It's being smart!*

**N**o! Say no to the bully's demands from the start.

- *If you give in to small things, the bully will demand more. EXCEPTION: If you are in physical danger, go along until you can report it.*

**D**evelop friendships.

- *Stand up for each other. Support others and ask for support. If someone is being bullied, speak up. If someone is being excluded, include them in your group.*