

## **What if I am being bullied?**

It is NOT okay for students to bully other students

- Report the incident as soon as possible to a trusted teacher, principal, or counselor. It is not “tattling.”
- Bullying cannot typically stop without the help of adults. If the school does not know about the bullying, it cannot address it.
- When you report the bullying incident, describe exactly what happened, who was involved (first and last name), and where it occurred. Get names of children and adult witnesses.
- Do not retaliate. This could result in escalation of the situation and you will face punishment.
- If the bullying continues, tell the principal who you met with last time you made a report.



*\*Source: National Center For Missing & Exploited Children*