

## What to Do If You Are Bullied

Bullying is wrong and it is **not** your fault. Everyone deserves to feel safe at school, at home, and in the community. Follow these steps if you are in a bullying situation:

- **Speak up against bullying.** Be firm and clear when you speak. Say something like “stop it”.
- **Walk away.** Act like you do not care, even if you really do.
- **Tell an adult you trust.** Report it to your parent, teacher, counselor, or School Resource Officer.
- **Stick together.** The buddy system works. Staying with a group or friend will allow someone else to help you speak up or run to get help.

Bullying can be scary. Know that you are not alone. Follow these steps to help you avoid being in a bullying situation:

- Do not give bullies a chance - take a different route to class or home from school.
- Avoid unsupervised areas of the school.
- Sit at the front of the bus.
- Find a buddy and stick together.
- Stand tall and be brave.

The Kentucky Center for School safety has a Tipline that you can call to report bullying in your school district, if the district has signed on to participate. Here is the link: [S.T.O.P. Safety Tipline.](#)

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