



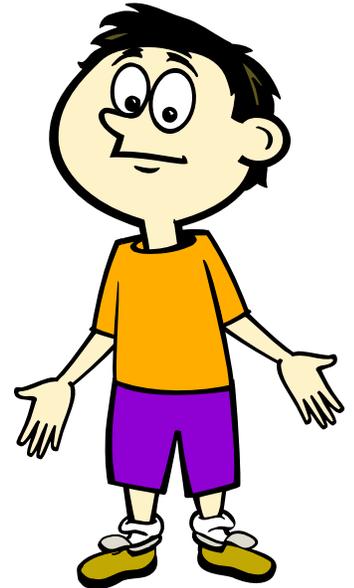
If You Are A Target

If you are being bullied, the first thing you should know:

It's not your fault. Nope. Not one bit.

No one deserves to be bullied...EVER!

And, while its NEVER your job to fix what's happening, there is a lot YOU can do to take action!!



The problem:

I'm being bullied. Should I tell?

How to take action:

If you're being bullied, tell an adult right away! It's not tattling. When you are being hurt or harmed, it's a big deal. You need someone you can trust on your side. You have the right to tell.



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The problem:

I'm feeling all alone.

How to take action:

A lot of kids are bullied, but that never makes it right. When you are being bullied it might feel like no one cares or that there is no one that can help. But know this, there are people who care. It might not be easy, but know that you can reach out and ask for help. You don't have to go through this on your own.



The problem:

Should I fight back?

How to take action:

If you ever feeling like fighting back, **DON'T!** Trying to get even with someone who bullies is never a good idea. If you fight back, the bullying will likely become much worse. And the adults may see you as part of the problem.





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The problem:

I don't feel safe.

How to take action:

A lot of kids who are bullied don't want to go to school – or maybe avoid places where the bullying occurs. Everyone has the right to feel safe at school. Talk with your parents or adults at school and ask them “what can we do so that I am safe?” Develop a plan that includes steps that will help you feel like school is a good place to be.



The problem:

I feel like nothing will change.

How to take action:

Sometimes it can be hard to see into the future and know that things can be better. Maybe things won't change immediately, it might take time, but don't get discouraged.

