

See it. Say it. Get help

The Not-So Bad Bully

1. SEE IT: Is someone being hurt or left out?
2. STAY SAFE: Don't step in alone. Stay with a friend.
3. SAY IT TO A GROWN-UP: a teacher, a parent, the school counselor.
My trusted grown-ups are: _____, _____, _____.
4. BE KIND: Sit with the person who was hurt.



psychlife.org/free/kevin-bully/

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Educational content; not a substitute for care from your child's doctor or a mental health professional. If you're in crisis, call or text 988.

988 Suicide & Crisis Lifeline (U.S.): call or text 988, or chat at 988lifeline.org/chat. If there is immediate danger, call 911.