

# Are you being bullied?

## Talk to an adult.

### Who can you talk to?

Speak with a parent, guardian, teacher, counselor, or other trusted adult.

### What should you say?

It can be hard to talk about bullying. It helps to write down what you want to say.

### Talk about it.

What happened? Were you bullied at school or online? Did you tell a teacher? What was their response? How does it make you feel?

### Ask for help.

Sometimes adults don't know what they should do to stop the bullying. Point them to these resources:

- [www.prepparents.org](http://www.prepparents.org)
- [www.8449nohate.org/bullying](http://www.8449nohate.org/bullying)
- [www.pacer.org/bullying](http://www.pacer.org/bullying)
- [www.stompoutbullying.com](http://www.stompoutbullying.com)
- [www.stopbullying.gov](http://www.stopbullying.gov)



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For more information visit [PrepParents.com](http://PrepParents.com) or [8449nohate.org](http://8449nohate.org)