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
- www.8449nohate.org/bullying
- www.pacer.org/bullying
- www.stompoutbullying.com
- www.stopbullying.gov

For more information visit PrepParents.com or 8449nohate.org