

*Bullying Prevention Month, October - Tips for Students*

SAT/SUN	MON	TUE	WED	THU	FRI
WEEK 1: Tips for when you see bullying (bystanders)	If you see something, say something.	Don't join in on bullying, and don't watch.	Be a friend to the person who is being bullied.	Role play speaking up when you see bullying.	Follow this week's tips to <b>lead by example.</b>
WEEK 2: Tips for when you are being bullied	Remember that it's not your fault.	If possible, stick together with friends who make you feel better.	Do not bully back or bully anyone else.	Keep doing what you love to do.	Follow this week's tips to <b>make your school friendly and safe.</b>
WEEK 3: Tips for when you are bullying others	Anyone can be a bully - ask an adult for help stopping.	Don't join in when friends or others are bullying.	Decide to stop bullying and tell people you care.	Remember that words hurt too.	Follow this week's tips to <b>help instead of hurt.</b>
WEEK 4: Tips for preventing and addressing cyber bullying	Be respectful. Cyberspace has no privacy or take-backs.	If you see cyber bullying, save the evidence.	Try not to respond to cyber bullying. If you do, be careful.	Don't join in, don't forward harmful messages.	Follow this week's tips to <b>keep safe &amp; friendly, online and on phones.</b>
WEEK 5: Tips to show others respect and appreciation	Always be kind and make everyone feel welcome.	Remember that sometimes, laughter hurts others.	Don't use nicknames that hurt feelings.	Don't say someone can't do things because he or she is a boy or girl.	Follow this week's tips to <b>treat your classmates well.</b>