

*Bullying Prevention Month, October 2013: Tips for Students*

SAT/SUN	MON	TUE	WED	THU	FRI
<p>28 / 29</p> <p>WEEK 1: Tips for when you see bullying (bystanders)</p>	<p>30</p> <p>If you see something, say something.</p>	<p>1</p> <p>Don't join in on bullying, and don't watch.</p>	<p>2</p> <p>Be a friend to the person who is being bullied.</p>	<p>3</p> <p>Role play speaking up when you see bullying.</p>	<p>4</p> <p>Follow this week's tips to <b>lead by example.</b></p>
<p>5 / 6</p> <p>WEEK 2: Tips for when you are being bullied</p>	<p>7</p> <p>Remember that it's not your fault.</p>	<p>8</p> <p>If possible, stick together with friends who make you feel better.</p>	<p>9</p> <p>Do not bully back or bully anyone else.</p>	<p>10</p> <p>Keep doing what you love to do.</p>	<p>11</p> <p>Follow this week's tips to <b>make your school friendly and safe.</b></p>
<p>12 / 13</p> <p>WEEK 3: Tips for when you are bullying others</p>	<p>14</p> <p>Anyone can be a bully - ask an adult for help stopping.</p>	<p>15</p> <p>Don't join in when friends or others are bullying.</p>	<p>16</p> <p>Decide to stop bullying and tell people you care.</p>	<p>17</p> <p>Remember that words hurt too.</p>	<p>18</p> <p>Follow this week's tips to <b>help instead of hurt.</b></p>
<p>19 / 20</p> <p>WEEK 4: Tips for preventing and addressing cyber bullying</p>	<p>21</p> <p>Be respectful. Cyberspace has no privacy or take-backs.</p>	<p>22</p> <p>If you see cyber bullying, save the evidence.</p>	<p>23</p> <p>Try not to respond to cyber bullying. If you do, be careful.</p>	<p>24</p> <p>Don't join in, don't forward harmful messages.</p>	<p>25</p> <p>Follow this week's tips to <b>keep safe &amp; friendly, online and on phones.</b></p>
<p>26 / 27</p> <p>WEEK 5: Tips to show others respect and appreciation</p>	<p>28</p> <p>Always be kind and make everyone feel welcome.</p>	<p>29</p> <p>Remember that sometimes, laughter hurts others.</p>	<p>30</p> <p>Don't use nicknames that hurt feelings.</p>	<p>31</p> <p>Don't say someone can't do things because he or she is a boy or girl.</p>	<p>1</p> <p>Follow this week's tips to <b>treat your classmates well.</b></p>