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When I See Bullying, What Do I Do?

You have a lot of choices when it comes to bullying. You've probably done different things at different times. The first ones on this list are the most hurtful and the last ones are the most kind and helpful.

We in HOJA have done all the things on this list at one time or another while growing up. Read the list to see which ones you do most often, and which other ones you have also done.

A. The Person Bullying — Sometimes I start the bullying and encourage others to join in.

Very hurtful — Everyone makes mistakes (we've bullied people before and we're sorry we did). But you don't have to do it again just because you've done it before. **You can decide today to not act like a bully anymore.**

B. Joiner/Follower — I do not usually start the bullying, but sometimes I join in with teasing or hurting when someone else starts it.

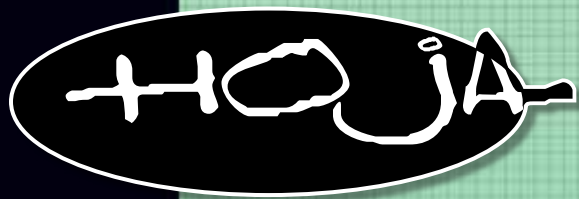
Very hurtful — Even if you are not the one starting the bullying, it is still wrong. But you don't have to do it again just because you've done it before. **You can decide today to not join in when you see bullying anymore.**

C. Supporter — I do not join in the actual bullying, but sometimes I laugh, cheer, and think it's fun.

Very hurtful — Sometimes it seems like you are not doing anything wrong if all you do is laugh and cheer, but this hurts the person's feelings too. And it encourages the people who are bullying to keep doing it. But you don't have to do this again just because you've done it before. **You can decide today to not laugh or cheer when you see bullying anymore.**

D. Watcher — I do not laugh or cheer, but sometimes I like watching the bullying and think it's fun.

Hurtful — This is not as bad as the first three choices, but it still hurts the person's feelings when they look around for help and see people watching for fun. But you don't have to do it again just because you've done it before. **You can decide today to not watch bullying for fun anymore.**



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E. Walk Away — Sometimes when I see bullying, I say it's none of my business or I walk away- I do not like it or dislike it.

A bit hurtful — This is a lot better than the first four choices, but when the person being bullied looks around for help they see no-one who will help them. Ignoring someone who needs help is almost the same as being the one hurting them. We believe you can do better next time. **You can decide today to not ignore bullying anymore.**

F. Nearly Hero — I dislike bullying and think I should help, but sometimes I do not help.

Almost helpful — Good for you for wanting to help! But it can be really scary, especially if you feel like you'll be the only one who will step in to help. Check out our list of Things You Can Do to Help for some suggestions of what you can do and still stay safe. **You can decide today to help someone when you see bullying.**

G. Hero — I dislike the bullying and I try to help.

Very helpful — Good for you for having the courage to help when you see someone who needs it! It can be scary and we want you to stay safe, so check out our list of Things You Can Do to Help for some suggestions for how to do this. Keep up the great work! **You can decide today to always help someone when you see bullying.**

We wish we hadn't done some of the hurtful ones, but instead of just feeling bad about it we decided to try to do better next time by doing the next thing on the list instead. We asked our parents and our teachers for their ideas and help so that we could do better next time. Gradually we were able to work our way up to being a Hero and we were very proud of ourselves. You can do it too!