

# MONSTER MASH

LET'S MASH BULLYING!  
BE A BUDDY, NOT A BULLY!

BE A FRIEND  
TO SOMEONE  
WHO IS BEING  
BULLIED.



WALK AWAY IF  
SOMEONE IS  
BEING MEAN  
TO YOU.

REPORT  
BULLYING TO A  
TEACHER OR  
ADULT.

USE WORDS NOT YOUR  
HANDS TO RESOLVE AN  
ISSUE.

NEVER  
THREATEN  
OR GIVE AN  
ULTIMATUM  
TO COERCE  
SOMEONE  
INTO DOING  
SOMETHING  
FOR YOU.

INCLUDE  
OTHERS WHEN  
THEY ARE  
FEELING LEFT  
OUT.

DON'T POST ANYTHING  
BAD ABOUT SOMEONE  
ON SOCIAL MEDIA.

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