

BE A HERO NOT A BULLY

RESEARCH SHOWS THAT YOUTH WHO ENGAGE IN BULLYING BEHAVIOR
ARE AT GREATER RISK OF USING VIOLENCE IN INTIMATE
RELATIONSHIPS LATER IN LIFE.

BE A FRIEND
TO SOMEONE
WHO IS BEING
BULLIED.

 REPORT
BULLYING TO A
TEACHER OR
ADULT.

INCLUDE
OTHERS WHEN
THEY ARE
FEELING LEFT
OUT.



USE WORDS NOT YOUR
HANDS TO RESOLVE AN
ISSUE.

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

 WALK AWAY IF
SOMEONE IS
BEING MEAN
TO YOU.

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