

STOP THE BULLY

USE THESE 4 STEPS OF ACTION TO STOP THE BULLY!



IGNORE

Ignore the bully. Don't respond to their actions. Hold back anger and never get physical.

WALK AWAY

Walk away from the situation quickly. Avoid making contact with the bully.

SAY STOP

Look the bully in the eyes, stand tall, and tell the bully to please stop.

GET HELP

If the bully won't stop, tell an adult. Talk to a teacher, family or friends. Let someone know you are being bullied.

FIND THE WORDS

IGNORE	FEELINGS	HELP
LEAVE	PARENTS	TELL
STOP	VICTIM	NICE
TEACHER	BULLIES	KIND

X	N	J	F	N	J	K	R	P	S	F	T	Z	V	A	X	Z	R	I
O	S	S	V	N	I	N	T	T	E	L	L	W	V	I	C	T	I	M
C	T	R	F	U	Q	X	B	V	R	O	S	G	N	I	L	E	E	F
U	N	G	Z	K	W	K	T	R	A	N	G	C	A	A	S	L	Q	I
B	E	X	V	Q	R	L	E	O	N	V	J	O	S	E	Z	D	G	U
M	R	F	Z	I	E	U	A	M	K	L	K	L	I	T	S	N	K	D
Z	A	W	O	A	N	V	C	F	J	X	Z	L	M	P	O	I	D	N
C	P	K	V	J	I	U	H	C	V	P	L	J	L	R	M	P	S	I
I	Z	E	Z	T	C	O	E	I	A	U	K	E	E	W	O	E	J	K
Y	L	U	R	R	E	A	R	P	B	G	H	S	M	L	N	J	H	S

FILL IN THE BLANKS

GET HELP	IGNORE
WALK AWAY	STOP

1. _____ THE BULLY.
2. _____ FROM THE SITUATION.
3. TELL THE BULLY TO PLEASE _____.
4. _____ IF THE BULLY WONT STOP.



Mesa Police Department
Crime Prevention Unit
480-644-2300, option 5
www.cityofmesa.org/police

Youth Safety Series

HOW TO STOP THE Bully



For Kids

▶ Does your child know how to get help and report a bully?

Mesa Police Department
Crime Prevention Unit

