

TAKE NOTICE



Pay attention to situations in which you see a fellow student being bullied or harmed.

TAKE ACTION



Standing by silently, or laughing along, helps encourage bullying. If you can, try to help a child or teen who is being bullied find a way out.

STAND UP AGAINST BULLYING!

BE KIND



Reach out and connect with any of your peers who might feel left out. A simple "hello" can make all the difference in someone's life.

speak UP



Tell a trusted adult if you see a child or teen who is being bullied. Ask for help.

BE AWARE



Children and youths who are bullied, or who bully others, are more likely to develop problems with drug and alcohol use, and to experience depression and anxiety. Even bystanders may be negatively affected. Helping to stop bullying now can protect everyone's future—including yours.



FIND OUT MORE: scholastic.com/headsup/standupagainstbullying



HEADS UP
REAL NEWS ABOUT DRUGS AND YOUR BODY



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