



# **Bullying: Do's & Don'ts**



## **DON'T SAY**

- Ignore it to someone who is being bullied
- Stop being so sensitive
- Fight back
- Just avoid them
- It's just a part of growing up
- Just stand up for yourself
- Telling someone will just make it worse so don't bother

## **DO SAY**

- Let's talk about it
- It's okay to feel angry or upset
- How can we deal with this together?
- You don't deserve to be treated like this
- What's been going on?
- I'm here for you
- Talk to someone that you trust

***Visit [www.epicbh.org/EPIC-Buzz](http://www.epicbh.org/EPIC-Buzz) and watch the  
Bullying- Do's & Don'ts for more information.***