Taking a Stand Against Bullying Brainstorm

Why Bullying Is Wrong	What I Can Do to Prevent It
Deeply hurtful to people	Include others who are left out
Make people feel scared/alone	Speak up if I see teasing
Spreads meanness and fear	Get help from a trusted adult
Everyone deserves respect	Use kind words, or don't say anything
Keeps kids from learning	Write a kind note of encouragement
Ends friendships	Use small gestures like waving/smiling
Feels unsafe	Remind friends to be respectful
People don't want to be a school	Help a classmate tell an adult
Self-esteem is decreased	Encourage others to do the right thing
People can't be true to themselves	Share materials in class or at recess
Creates problems doesn't solve them	Walk away from mean talk
Can lead to fights or arguments	Ask if someone is "OK" if someone is upset

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