

# 10 WAYS TO BE AN UPSTANDER

HELP  
OTHERS  
WHO ARE  
BEING  
BULLIED

STOP  
HARMFUL  
MESSAGES  
FROM  
SPREADING

GET  
FRIENDS  
INVOLVED  
TO  
SUPPORT

REFUSE  
TO BE A  
BYSTANDER

BE FRIENDLY  
TO SOMEONE  
YOU DON'T  
KNOW

KNOW WHAT  
YOUR ANTI-  
BULLYING  
POLICY SAYS  
AND TALK  
ABOUT IT

SUPPORT  
AND  
WELCOME  
NEW  
STUDENTS

GET YOUR  
STAFF  
INVOLVED  
IN ANTI-  
BULLYING

LEARN TO  
SPOT THE  
SIGNS OF  
BULLYING

ACCEPT AND  
CELEBRATE  
DIFFERENCE