Assignment:

SPOTTING AND STOPPING BULLYING

Recognize the signs:

- Hearing name calling... witnessing physical intimidation
- Changes in personality, mood, or behavior
- Unexplained injuries - torn clothes
- Often seeking isolation and withdrawal
- Expression of suicidal thoughts

What I can do to help:

- Don’t encourage it
- Don’t ignore it - I CAN HELP!
- Don’t let someone suffer in silence
- Tell someone you can trust - TELL A TEACHER
- Be kind to someone being bullied

ENDING BULLYING STARTS WITH YOU.
TALK TO A FRIEND. TELL AN ADULT.

For questions and answers
dial 2-1-1 or 954-567-TEEN

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