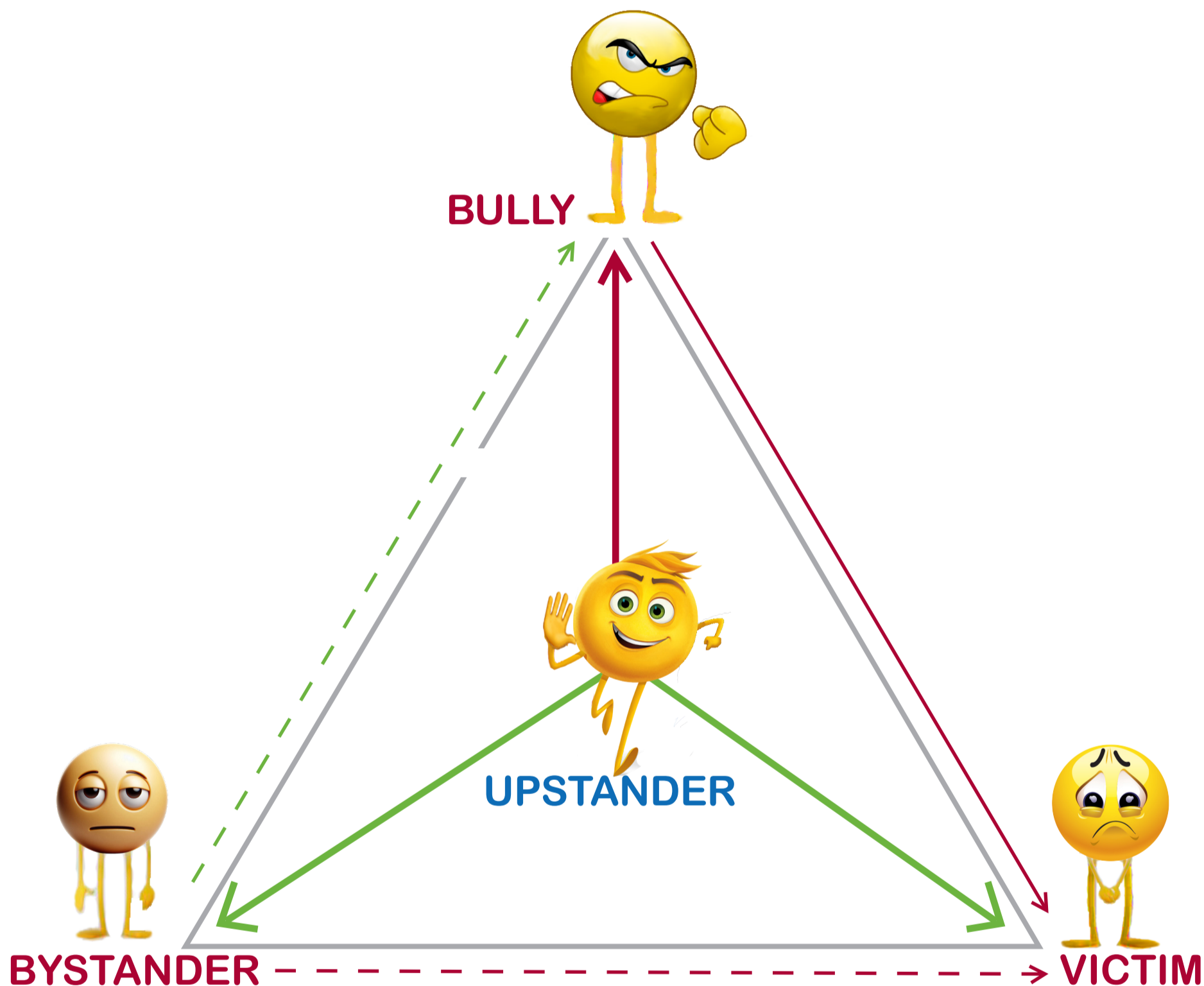


# Don't be a bystander

## Choose to be an **UPSTANDER!**

Choose to

- ▶ support the victim
- ▶ show the bully you don't agree
- ▶ show bystanders they can make a difference too!



Stay calm

Choose safe responses and act  
immediately | afterwards  
directly | indirectly  
distract | get allies | plan

Be proud of yourself!