Know Your Rights!

1. **Know that you are NOT alone.** You are not alone. Bullying happens everywhere (in big and small schools, in all grades, and in all countries). Even though bullying happens to a lot of kids, that doesn’t make it right. Everyone deserves respect, and **everyone has a right to feel safe at school.**

2. **Be your own advocate.** Being your own advocate means speaking up for yourself, telling people what you need, and taking action.

3. **Assert your rights.** If one person isn’t available to help you, ask another person. Don’t give up! Bullying is harmful and can also be criminal!

4. You have the right to save and document any cyberbullying, and you should not feel embarrassed to report it. You have the right to block the bully from your social media accounts. You have the right to have the bully’s cell phone number blocked by your wireless carrier.

5. **Be a friend.** When kids go somewhere without their friends, they are more likely to get picked on by a bully. If you see someone being picked on, even if you don’t know the person, be a friend and ask the kid to walk away from the bully with you. However, don’t put yourself in danger!

6. **Get an adult.** If you see someone being bullied, get an adult. You can either tell the adult what is going on or ask the adult to talk to the kid who is being bullied.

7. **Take a stand.** If you know someone who is a bully, take a stand and tell him or her to stop.

8. **Speak up.** Tell the bully what you think of what’s going on. By saying, “that’s not funny, let’s get out of here” or something similar, you can help stand up for another kid.

9. You should never feel pressured by your friends to do something you do not want to do. If you are being asked or pressured by a friend or group of friends to take part in something you know is against the rules, is dangerous, or is just wrong, tell your friends no and suggest another activity instead. If your friends continue to pressure you, walk away.