

## **Action Steps for Students**

Students may not know what to do when they observe Bullying Behavior or experience it themselves. School wide discussions, classroom activities, and procedures at the school all help students develop appropriate actions they can take in these situations. Depending on the circumstances, and how comfortable the student feels, students can do some of the following things...

- Seek help from an adult (school staff, teachers, parents)
- Report Bullying behavior to school personnel who investigate Bullying situations
- Speak up/ offer support to the target when you see them being bullied
- Privately support the target with words of kindness
- Express disapproval of bullying behavior by not joining in the laughter, teasing, or spreading of rumors
- Invite the target to sit with you or join you with a project. Include people who are often left out, they are less likely to be a target when with others.