

#Day1

Stop  
Bullying  
Today



# 3 THINGS YOU CAN DO TO PREVENT BULLYING ON #DAY1

## TREAT OTHERS KINDLY

You don't have to like everyone, but you should treat them with respect. Choose kindness, think before you speak, and when you see others being mean, don't join in. If you've hurt someone, apologize.

## INTERRUPT AND REPORT BULLYING

There are ways to stop bullying when you see it. Change topics or walk away from a hostile person. Speak up if you see something wrong or find an adult you trust. It's not snitching: it's safety!

## REACH OUT

Show support to the bullied or harassed person. Ask if they are all right. Tell them what you saw was not OK with you. Knowing someone cares makes a huge difference to that person.

HAVEN'T  
TAKEN THE  
#DAY1 PLEDGE  
TO END BULLYING?  
Talk to your program  
leader about becoming  
an Upstander  
today!

GET MORE TIPS FROM #DAY1 AND THE TYLER CLEMENTI FOUNDATION



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WORKING TO END ONLINE  
AND OFFLINE BULLYING IN SCHOOLS,  
WORKPLACES AND FAITH COMMUNITIES.

#DAY1 IS A BULLYING PREVENTION PROGRAM  
FOR UPSTANDERS FROM THE TYLER CLEMENTI FOUNDATION