Being BullyWise helps you be a Bully-Stopper!

Act Confident
1. Shoulders back, head up high,
2. Look the bully in the eye.
3. Use your words or walk away,
4. Don’t play the game that bullies play.

Avoid or Walk Away

Ignore

It takes practice!

Find Allies

Use your calm and confident voice.

Talk to the Bully

Talk to an Adult

Get some help.

Do something unexpected or kind

- Acting Confident

Sometimes getting a bully to stop is just like solving a puzzle. This maze may seem hard to do. But just like stopping bullies, you want to try. Maybe you can solve this puzzle on your own or you may need to ask your classmates, teacher or a parent for help. Good Luck!

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