

Bystanders GLOW at Palmer

Give respect

- Politely ask the bully to stop
- Walk away and get help from an adult if the bully won't stop
- Make the victim feel better by using kind words



Lead by example

- When others ignore the bullying stand up and help the victim
- Take the victim away from the bully
- Include the victim in your group of friends
- Speak up: Tell other bystanders that the bullying is wrong



Own your actions

- Helping does **NOT** mean harming the bully
- Use a calm quiet voice when speaking to the bully
- Not Here! NOT Now! NOT Ever!



Wise choices

- Don't join the bully
- Don't ignore the bullying
- DO tell a trusted adult



