



KidsHelpPhone.ca  
1 800 668 6868

Kids Help Phone

# NO ONE SHOULD EVER BULLY YOU OR MAKE YOU FEEL SMALL.

## IF THEY DO:

Walk away Ignore Talk it out Seek help

## YOU CAN HELP END BULLYING!

- Don't laugh or join in when someone is being bullied.
- If you feel safe, stand up for others when you see them being bullied.
- Be kind online. Saying mean things online can haunt you —and the person you're talking about—for a long time.



CANADIAN  
RED CROSS

		<b>W</b> alk Away
		<b>I</b> gnore
		<b>T</b> alk it Out
		<b>S</b> eek Help

[www.witsprogram.ca](http://www.witsprogram.ca)



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