



Bullying at School: Speak Up!

Bullying isn't always loud.

Violence can be verbal or written, physical or psychological, in person or online.

Are you being bullied?

Or did you see someone use violence against another student? Check out your school's **plan to prevent and stop bullying and violence**.

It includes:

- how to report bullying,
- how your complaint stays confidential,
- what happens to the bully,
- ways to support victims and witnesses,
- and more!

Not sure
where to start?

Talk to an adult you trust
at your school or at home.

You can also contact
Kids Help Phone:

Call: 1-800-668-6868

Text message: 686868

Learn more about your rights
and what your school
can do to help:

