



# WellCast

## WAYS to Stop BULLYING



DATE \_\_\_\_\_

### 1 THIS ISN'T your Fault

In the space below, write down all the great qualities that make you stand out from the crowd!

### 2 BUILD YOUR ARMY

Surround yourself with people who care about you and appreciate you for who you are!

### 3 Remember these tips when you're being confronted:

- Ignore the bully.
- Have a buddy-system.
- Get out of there.

### 4 Find someone you can Talk To!

Find someone you trust: A teacher, a counselor, a parent, or a friend.  
If you're uncomfortable, then use this resource: 1-800-4A-CHILD