


SEE IT.
SAY IT.
STOP IT.




Bully is not just verbal. It can be physical, cyber, or covert (to start a rumor).

About 70% of kids are affected by bullying.

- 1) See It
If you see someone getting bullied, take action.
- 2) Say It
Tell a teacher, principal, counselor, or other trusted adult.
- 3) Stop It
In result, the bully will be taken down, or stopped. Good job! You just made a change.

Hildebrandt Counseling Office

SEE IT.
SAY IT.
STOP IT.




Bully is not just verbal. It can be physical, cyber, or covert (to start a rumor).

About 70% of kids are affected by bullying.

- 1) See It
If you see someone getting bullied, take action.
- 2) Say It
Tell a teacher, principal, counselor, or other trusted adult.
- 3) Stop It
In result, the bully will be taken down, or stopped. Good job! You just made a change.

Hildebrandt Counseling Office

SEE IT.
SAY IT.
STOP IT.



Bully is not just verbal. It can be physical, cyber, or covert (to start a rumor).

About 70% of kids are affected by bullying.

- 1) See It
If you see someone getting bullied, take action.
- 2) Say It
Tell a teacher, principal, counselor, or other trusted adult.
- 3) Stop It
In result, the bully will be taken down, or stopped. Good job! You just made a change.

Hildebrandt Counseling Office