

## **Stare**

Make sure that the person knows that you are aware of their behaviour.

Sometimes a long silent stare might be all that is needed to stop their behaviour.



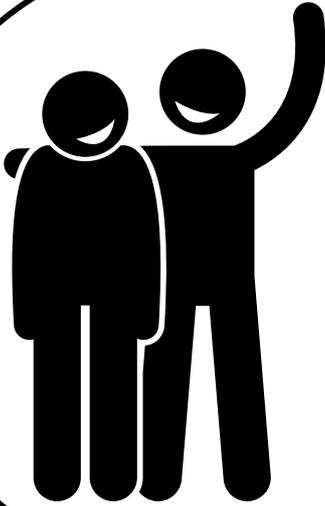
## **Use humour**

Do this if you feel comfortable with it. Humour can cut through tension, but it is important not to trivialise what's going on or mock your own reaction to it.



## **Use violence**

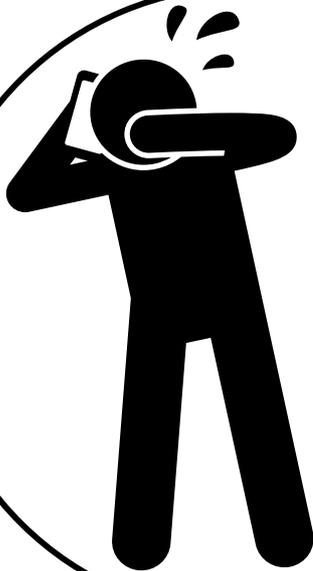
Use violence against the person/group doing the harassing or bullying.



## Be supportive

Be a friend to the person in need.

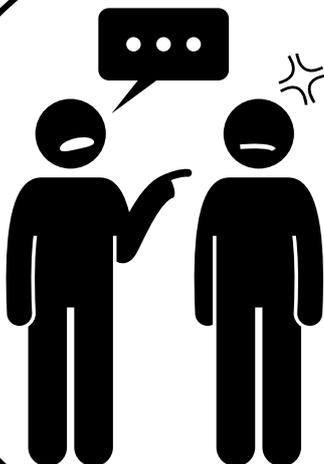
Listen without judgment and encourage the person to make their own decision. Help them make a plan. Make sure that they don't feel isolated or alone.



## Find help

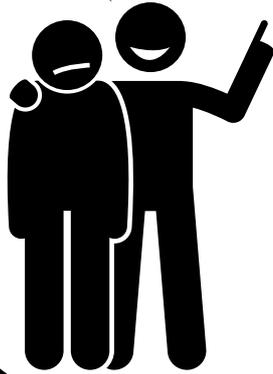
Taking action can be easier with support. What can you do:

- Speak with a trusted adult in school
- Ask a friend to help
- Report to the online provider



## Stand up to friends

If your friends are doing the bullying, take them to one side and say you don't think what they are doing is funny or acceptable.



## Appeal to friendship

Frame your concern in a caring and non-critical way. What can you say:

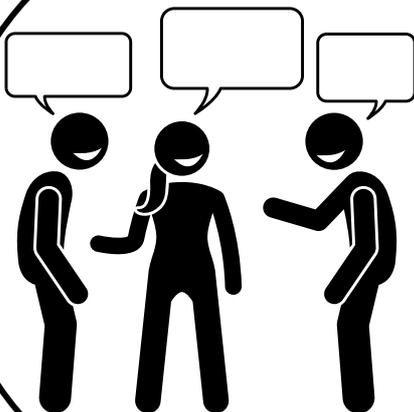
***'It's probably not your intention, but I think what you are saying is making people feel uncomfortable'***



## Call it out

Make it clear that what the person is saying or doing is not okay. Be direct.

***'It makes me feel uncomfortable when you....'***



## Distract

A simple action like asking for the time can be a non-confrontational way of shifting attention away from the situation.