

HOW TO TELL AN ADULT

If you or someone else is being bullied

Kids are told that if they see bullying or are being bullied, they should tell an adult.

That is great advice! But how do you do that?

1 YOU MAY BE THINKING

- Will anything change if I tell?
- Would I be a tattletale?
- I don't want to get anyone in trouble.

Know that bullying is a big deal and you have the right to speak up and be heard.

2 WHO SHOULD YOU TALK TO?

- Parent
- Family member
- Teacher
- Counselor
- Coach
- Mentor

If things don't change or you need more help, try talking to another adult you trust.

3 WHAT DO YOU SAY?

"I think someone might be bullying me or someone I know, will you help me?"

"I want to tell you about something that happened, can we talk more?"

"Somebody did something that made me feel _____."

- Sad
- Hurt
- Embarrassed
- Worried
- Mad
- Scared



It can be hard to tell an adult about something emotional or serious. You may want to share what's happening and how you're feeling all at once, or you may need more time.

Know that your feelings are important and that it's your story to tell.



PACER's
National Bullying Prevention Center
Create a World Without Bullying | [PACER.org/bullying](https://www.pacer.org/bullying)