



# **Brainstorming about how you can prevent bullying and what you can do if you see/hear about bullying**

Made with class 8A and 9A2 on November 24<sup>th</sup>, 2014

## **PREVENTING BULLYING:**

- Say hello when you meet
- If someone is alone in the hallway, ask them to join you
- Choose a table, in the dininghall, where someone sits alone
- If you know someone who feels alone, try to help them get to know new people
- Don't spread rumors/gossip
- Teachers make groups/placements etc to make sure everyone is included.

## **IF YOU SEE OR HEAR ABOUT BULLYING:**

1. Get the help of adults
2. Have meetings with both the victim and the bully to try to solve the situation. Make sure their parents are involved and also other staff at school, like counselor, head master etc.
3. Break up the group, if there is a group of people bullying
4. If you see something, please ACT by trying to stop or get help
5. Avoid being a silent audience and either say STOP, or get help