

# BE A BUDDY!



What to do when someone is being picked on for being different

**40%**

of elementary students are bullied, and it happens to those with special needs and other neurodiversity 2-4 times more.

## Most stay silent

They're often either afraid, they don't think adults will understand, they feel like they need to handle it themselves, or they don't know how to ask for help.

## We can change this

By working together, we can teach children the skills they need and build a community where everyone belongs.

## What Helps Us Grow?

Tools for stopping bullying and including everyone

CHALLENGES		SUPPORTS
Feeling alone Being seen as different	<b>Individual</b>	Feeling loved and having friends Good social skills
Seeing a lot of meanness Not having a calm home	<b>Peers and Family</b>	Kind friends A safe, loving home
Unfair school rules Feeling unsafe	<b>School and Community</b>	Caring adults and clear routines Safe and inclusive classroom

*Every child can face challenges.  
Our job is to give them the tools they need.*

## IF SOMEONE IS BEING MEAN TO YOU

### Use Your Words, Then Walk Away

Say "Is that supposed to be funny?" or just "Whatever" in a bored voice. Then, calmly walk to be with a safe adult or friend.

### Stay Near Your Safe Adults

It's harder for someone to be mean when an adult is nearby.

### Don't Fight Back

Your most important job is to get yourself safe.

### Tell a Trusted Adult

This is a superpower! Tell a parent, a teacher, or a principal. You deserve to feel safe.

## IF YOU SEE SOMEONE BEING MEAN

### Be a Friend, Not a Bystander

Go over and invite the child being bullied to come play with you. Say, "Hey, come swing with us!"

### Say "Stop" Together

If it's safe, stand next to the child and say, "That's not nice, stop it."

### Be a Good Listener

If a friend tells you someone was mean to them, say, "That's not okay. I'm sorry that happened." Don't tell other kids their story.

### Tell a Trusted Adult

This is a good option when you're worried about a friend.

**YOU HAVE THE POWER TO HELP! TELL A GROWN-UP.  
BE A GOOD FRIEND. YOU'RE NOT ALONE**