

# Ways to Stay Bully Free

**Avoid Bullies**



**Look & Act Confident**



**Be Observant**



**Tell a Friend or Teacher**



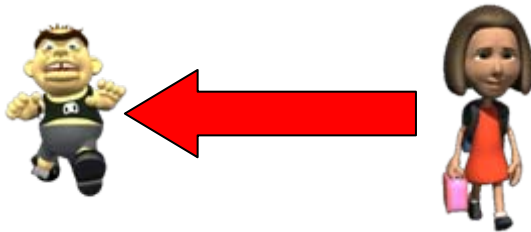
**Be Assertive**



**Stay Calm**



**Keep a Safe Distance**



**Walk Away**



**Say "Stop it!"  
"Leave me alone!"**



**Use Humor and "I" Messages**



**Join & Travel in a Group**



**If you're in danger, RUN**

