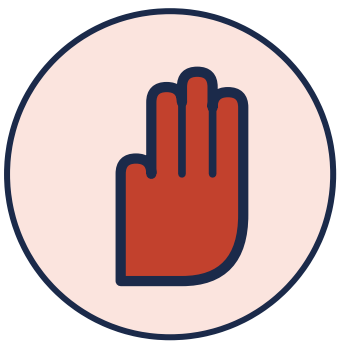
SEE IT? HELP STOP IT.

Be an upstander

not a bystander



Don’t join in.

Don’t laugh, share or stand and watch.



Check they are OK.

A kind word afterwards can really help.



Tell an adult.

Telling isn’t telling tales. It’s helping.



Include them.

Ask them to sit with you or join in with you.

Only step in if it is safe. Telling an adult is always a good choice.

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