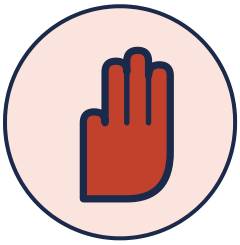
SEE IT? HELP STOP IT.

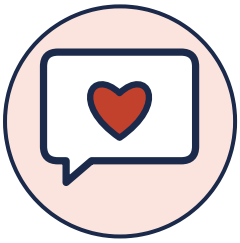
# Be an upstander

not a bystander



## Don’t join in.

Don’t laugh, share or stand and watch.



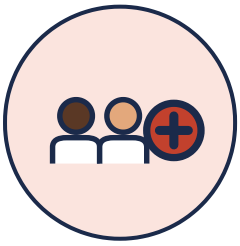
## Check they are OK.

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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