

5 Tips: Using your 'Power for Good' when you see bullying

1

Be kind

You don't have to shout or get involved in a disagreement to help. A simple "Are you okay?" or a kind word later can make someone feel better and show that you care.

2

Don't join in unkindness

Don't laugh, share mean messages, or take part. Simply not joining helps stop unkindness from spreading.

3

Notice and include others

Use your power to invite someone to play or join in. Your smile or friendly face can help someone feel happy and included.

4

Speak up safely

If you feel brave, say gently you don't like unkind behaviour, changing the subject, or tell a grown-up you trust.

5

Look after yourself too!

Helping others is brave. If it feels hard, talk to an adult to get help and remember to be kind to yourself too.

Thank you for using your power for good to help everyone feel safe and happy!