

Ask Professor Green Bear: Bullying



Dear Professor Green Bear,
My friend is being called bad names at school all the time and they are very scared. I want to help my friend, but I do not know how to help them. What can I do?

-Scared for my friend

DEAR SCARED FOR MY FRIEND,

I AM SO SORRY YOUR FRIEND IS FEELING SCARED AT SCHOOL. THIS BEHAVIOR IS CALLED BULLYING. BULLYING IS WHEN A PERSON IS HURT, USUALLY MORE THAN ONCE, BY UNWANTED WORDS OR ACTIONS.

KIDS WHO ARE BULLIED HAVE LOTS OF FEELINGS - DISCOURAGED, DEPRESSED, LONELY, OR FEARFUL. BUT YOU CAN HELP YOUR FRIEND BY BEING AN UPSTANDER! BULLYING IS NEVER OKAY!

YOUR FRIEND,
PROFESSOR GREEN BEAR



NO ONE deserves to be bullied!

An **UPSTANDER** sees bullying behavior and tries to stop it.

They **DO NOT** laugh along, stand silently, or walk off if they see a bully!

You can be an **UPSTANDER!**

An Upstander Should:

- Tell the bully to stop (if they feel safe)
- Offer the bully a way out
- Encourage others to defend the person being bullied.
- Go with the target as a witness to tell a teacher what happened.