

# ***ANTI-BULLYING COLORING PAGES***

adapted from

**stopbullying.gov**



Featuring -

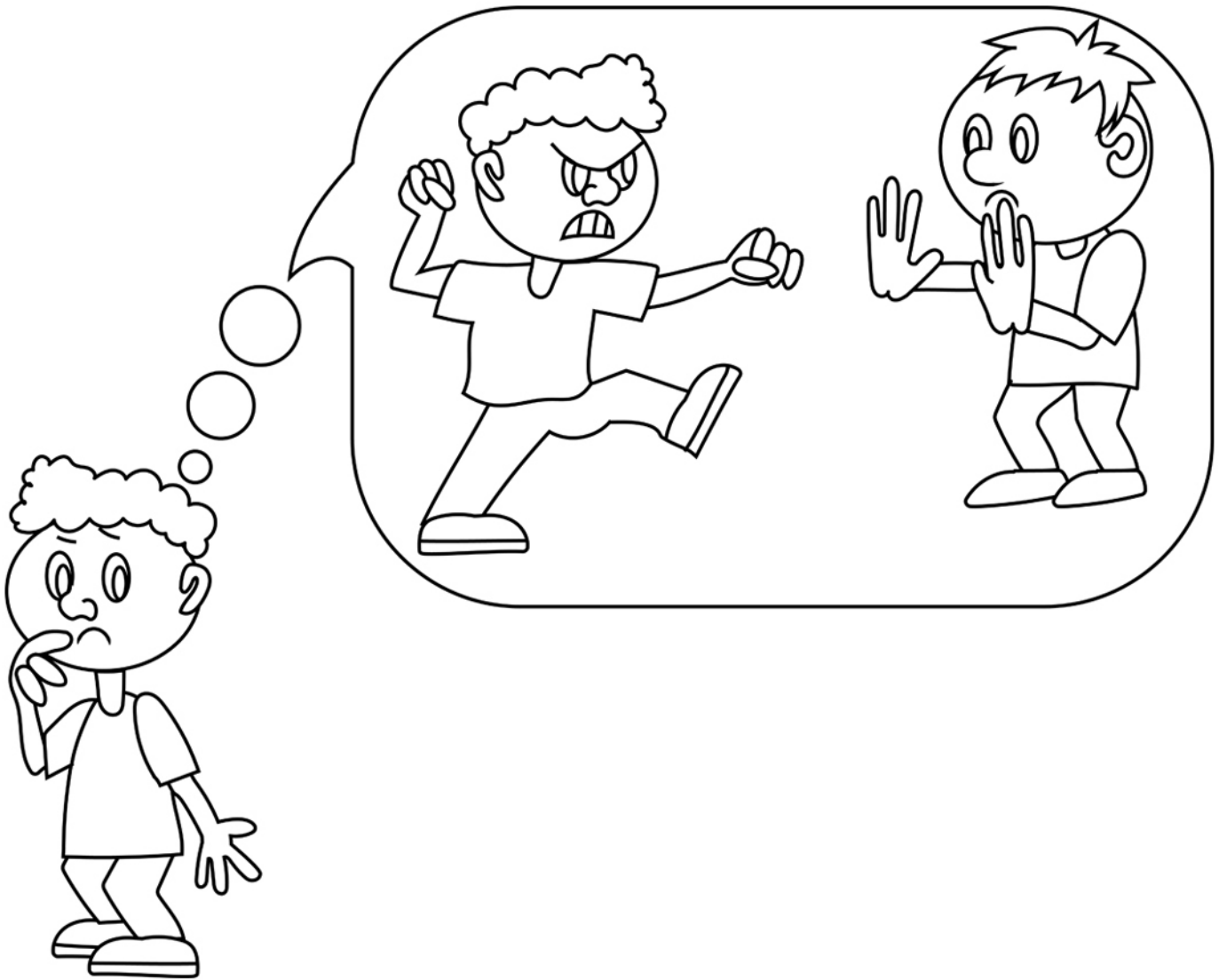
***TREAT EVERYONE WITH RESPECT  
WHAT TO DO IF YOU'RE BULLIED  
STAND UP FOR OTHERS  
GET INVOLVED***

# ***PART I***

***TREAT EVERYONE  
WITH RESPECT***

## ***PART 1: TREAT EVERYONE WITH RESPECT #1***

Nobody should be mean to others.



Stop and think before you say or do something that could hurt someone.

## ***PART 1: TREAT EVERYONE WITH RESPECT #2***

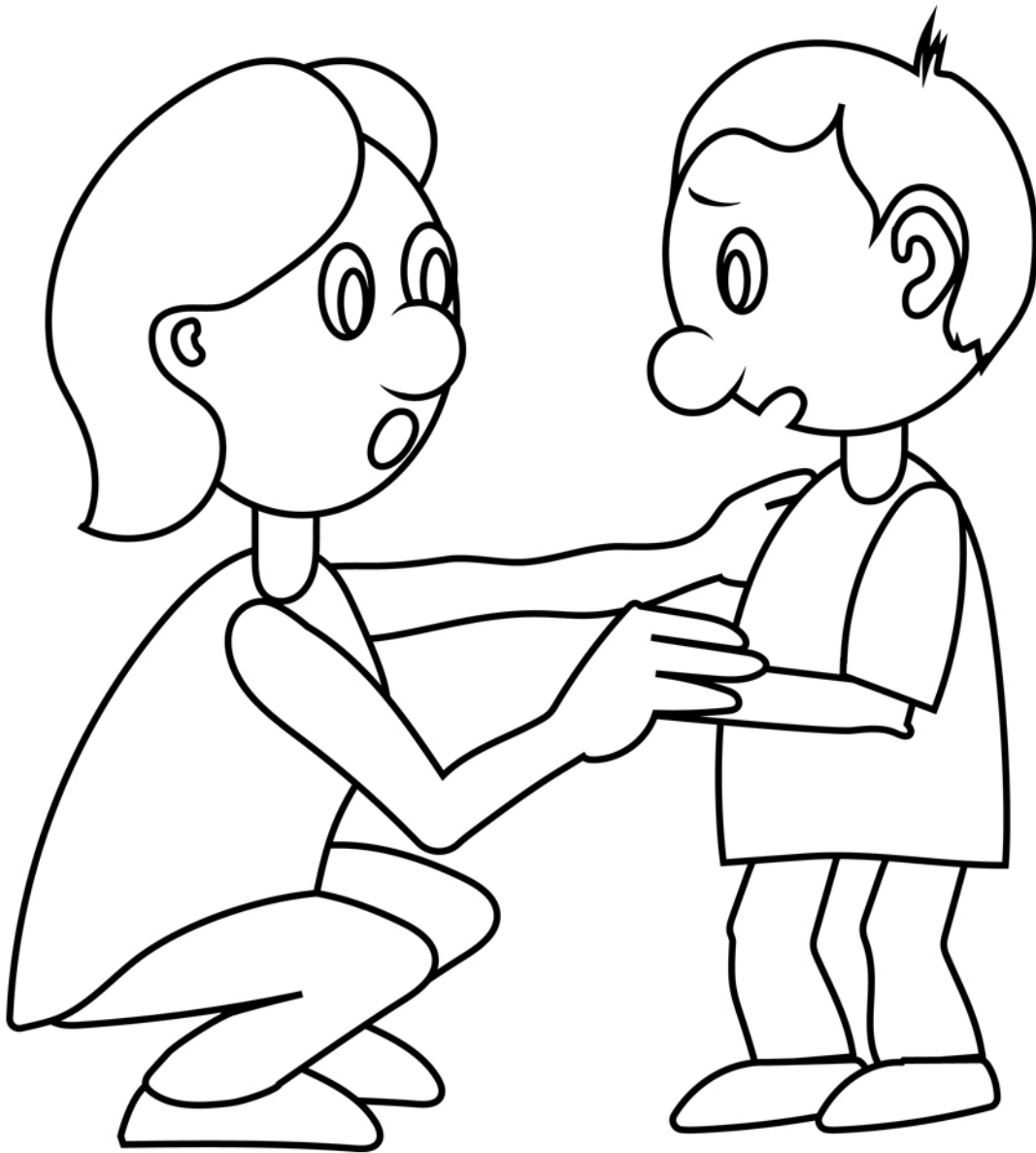
Nobody should be mean to others.



If you feel like being mean to someone, find something else to do. Play a game, watch TV, or talk to a friend.

## ***PART 1: TREAT EVERYONE WITH RESPECT #3***

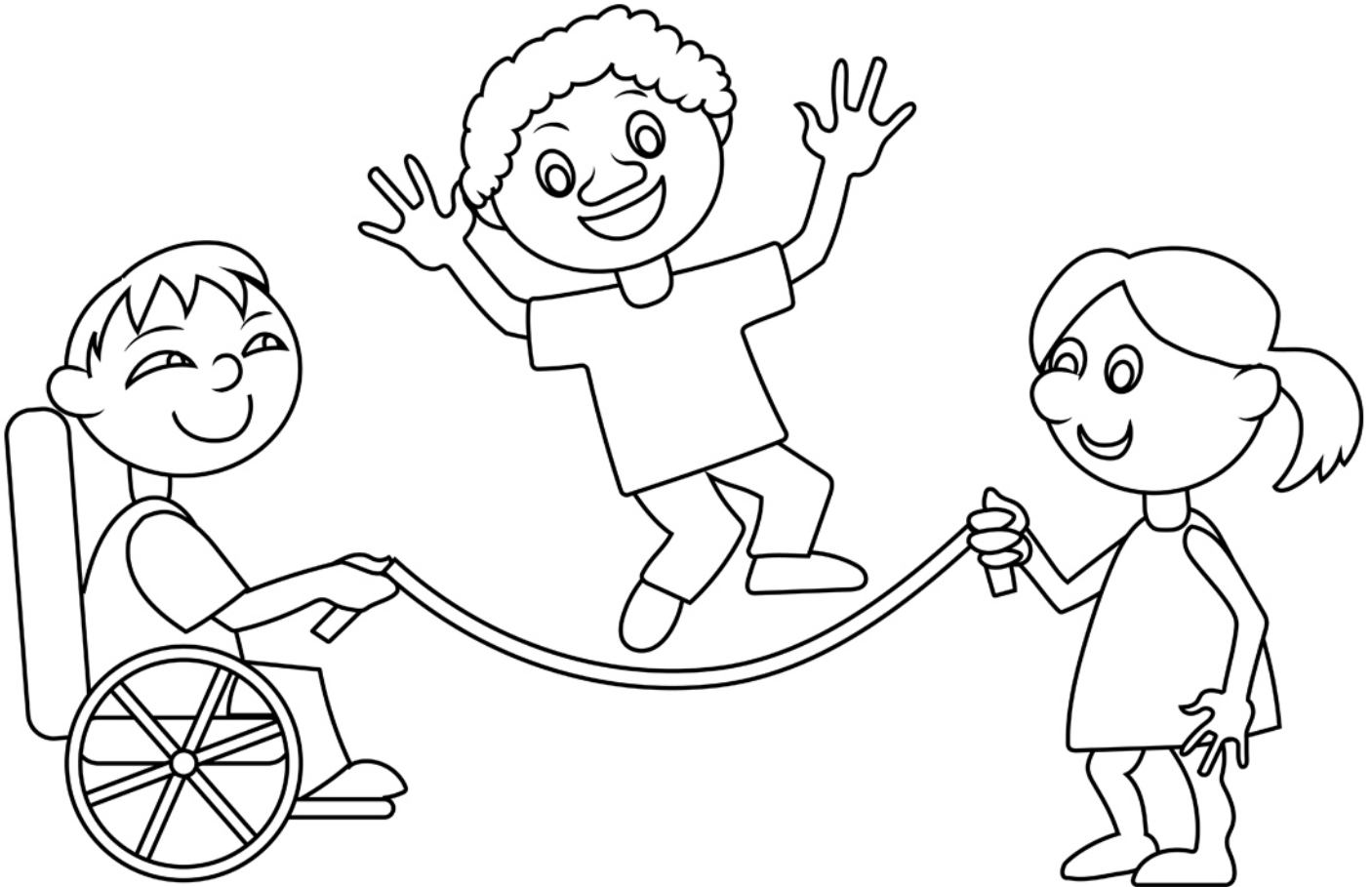
Nobody should be mean to others.



Talk to an adult you trust. They can help you find ways to be nicer to others.

## ***PART 1: TREAT EVERYONE WITH RESPECT #4***

Nobody should be mean to others.



Keep in mind that everyone is different. Not better or worse. Just different.

## ***PART 1: TREAT EVERYONE WITH RESPECT #5***

Nobody should be mean to others.



If you think you have bullied someone in the past, apologize. Everyone feels better.

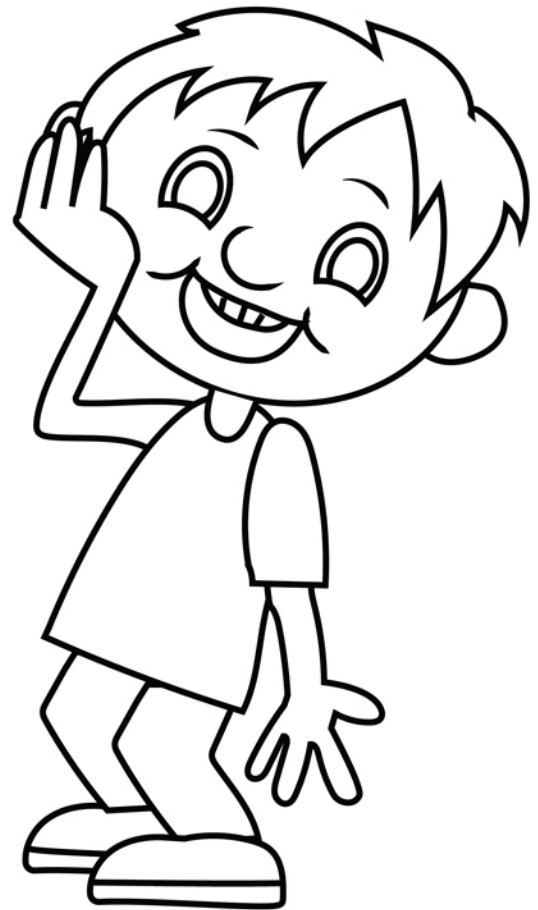
# ***PART 2***

## ***WHAT TO DO IF YOU'RE BULLIED***



## ***PART 2: WHAT TO DO IF YOU'RE BULLIED #1***

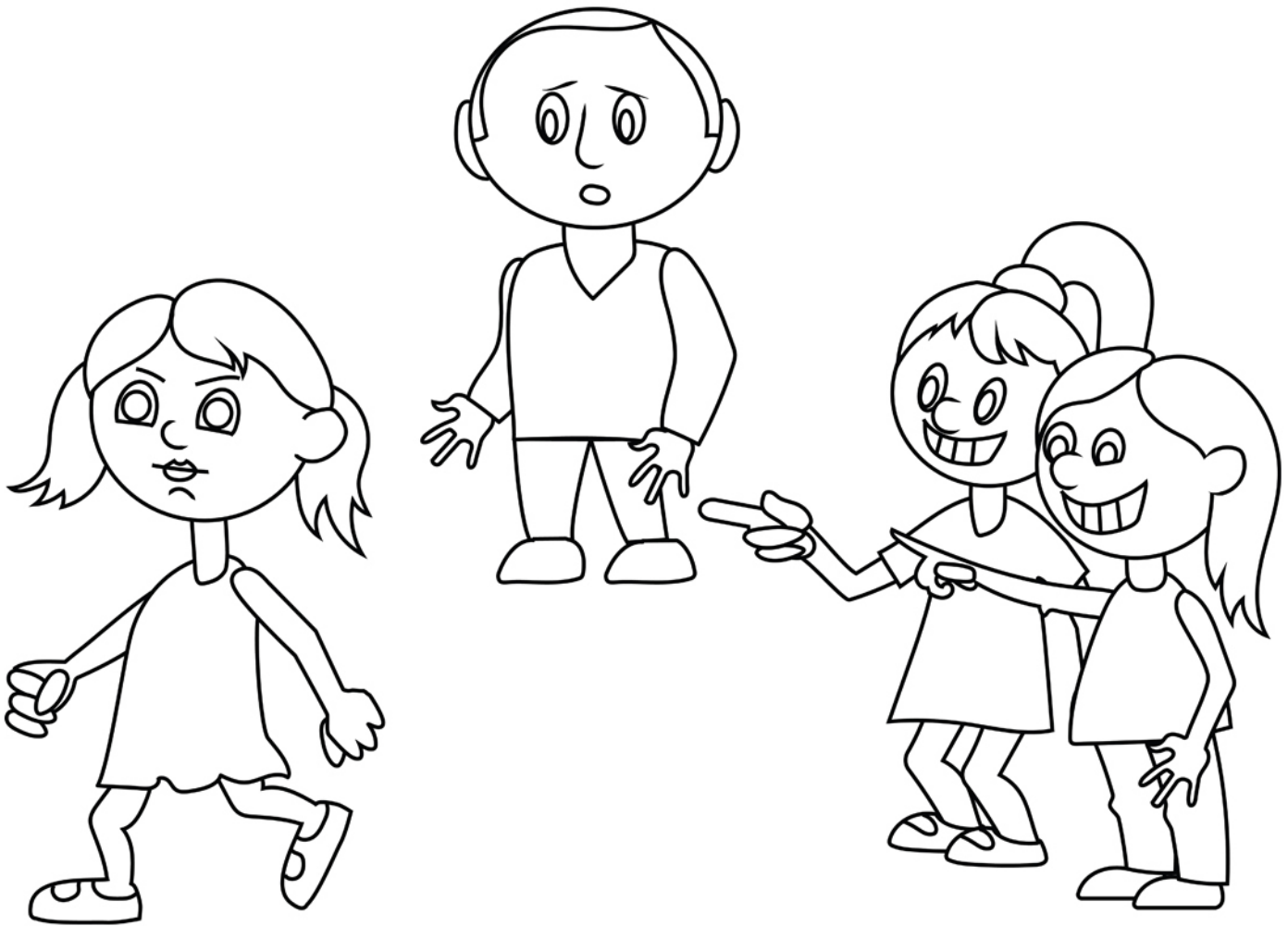
There are things you can do if you are being bullied:



Look at the kid bullying you and tell him or her to stop in a calm, clear voice. You can also try to laugh it off. This works best if joking is easy for you. It could catch the kid bullying you off guard.

## ***PART 2: WHAT TO DO IF YOU'RE BULLIED #2***

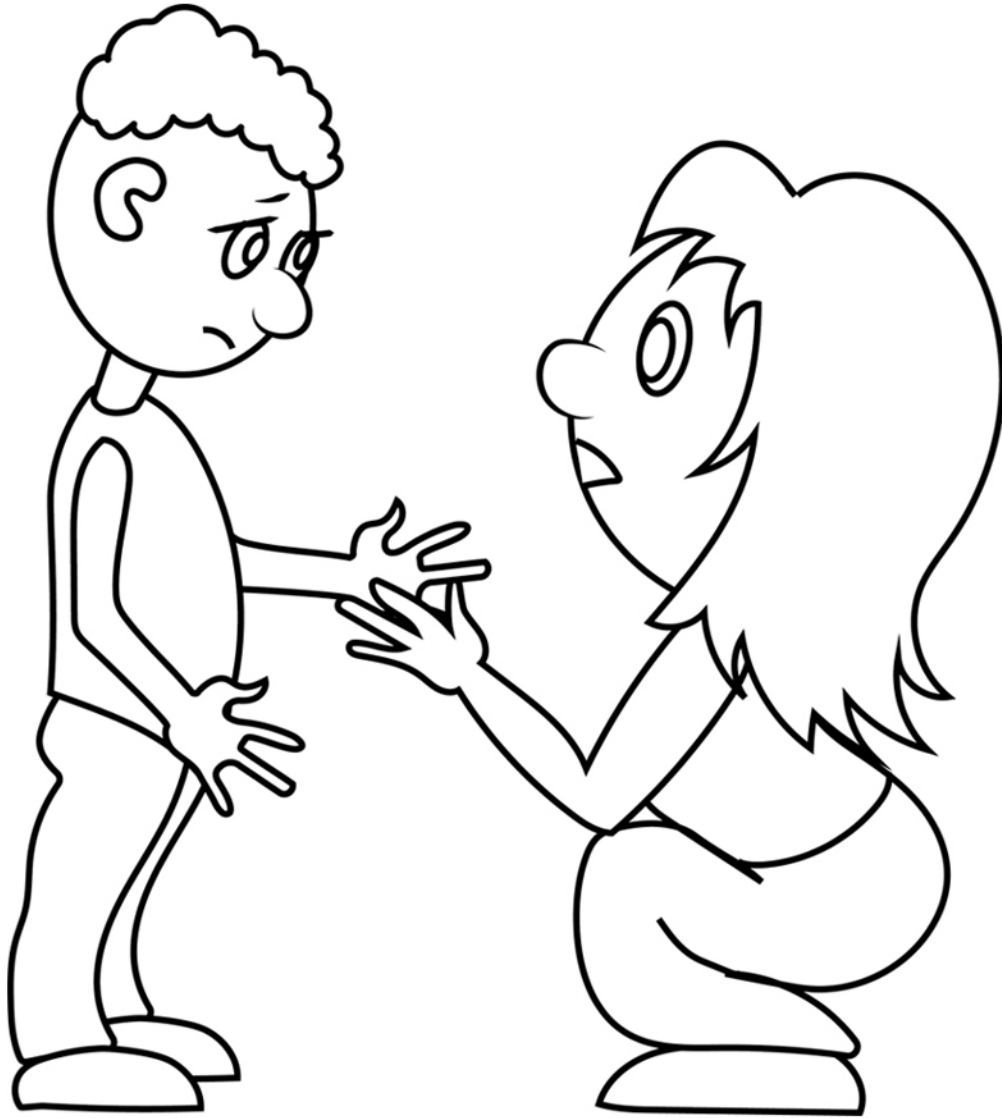
There are things you can do if you are being bullied:



If speaking up seems too hard or not safe, walk away and stay away. Don't fight back. Find an adult to stop the bullying on the spot.

## ***PART 2: WHAT TO DO IF YOU'RE BULLIED #3***

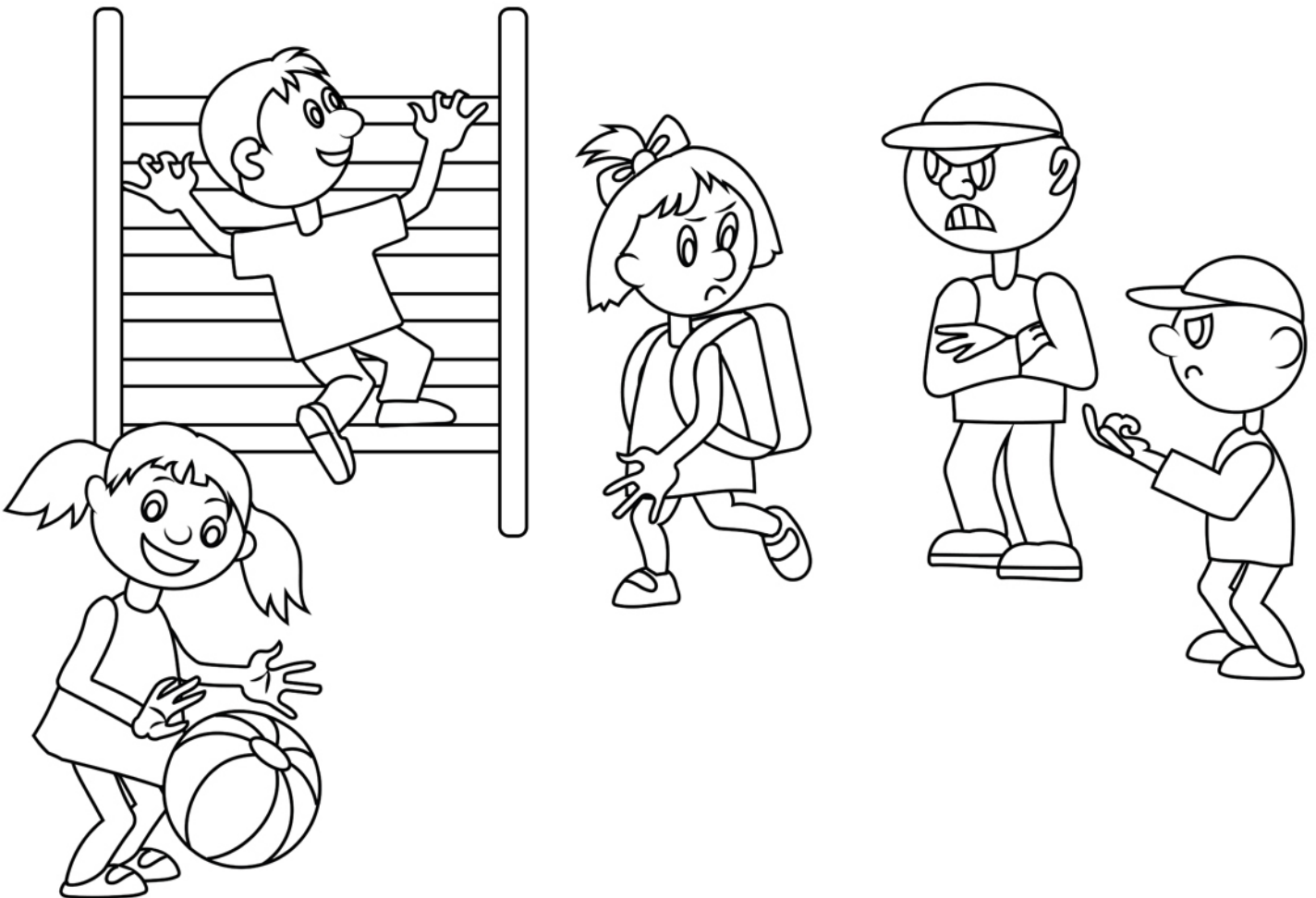
There are things you can do to stay safe  
in the future, too.



Talk to an adult you trust. Don't keep your feelings  
inside. Telling someone can help you feel less alone.  
They can help you make a plan to stop the bullying.

## ***PART 2: WHAT TO DO IF YOU'RE BULLIED #4***

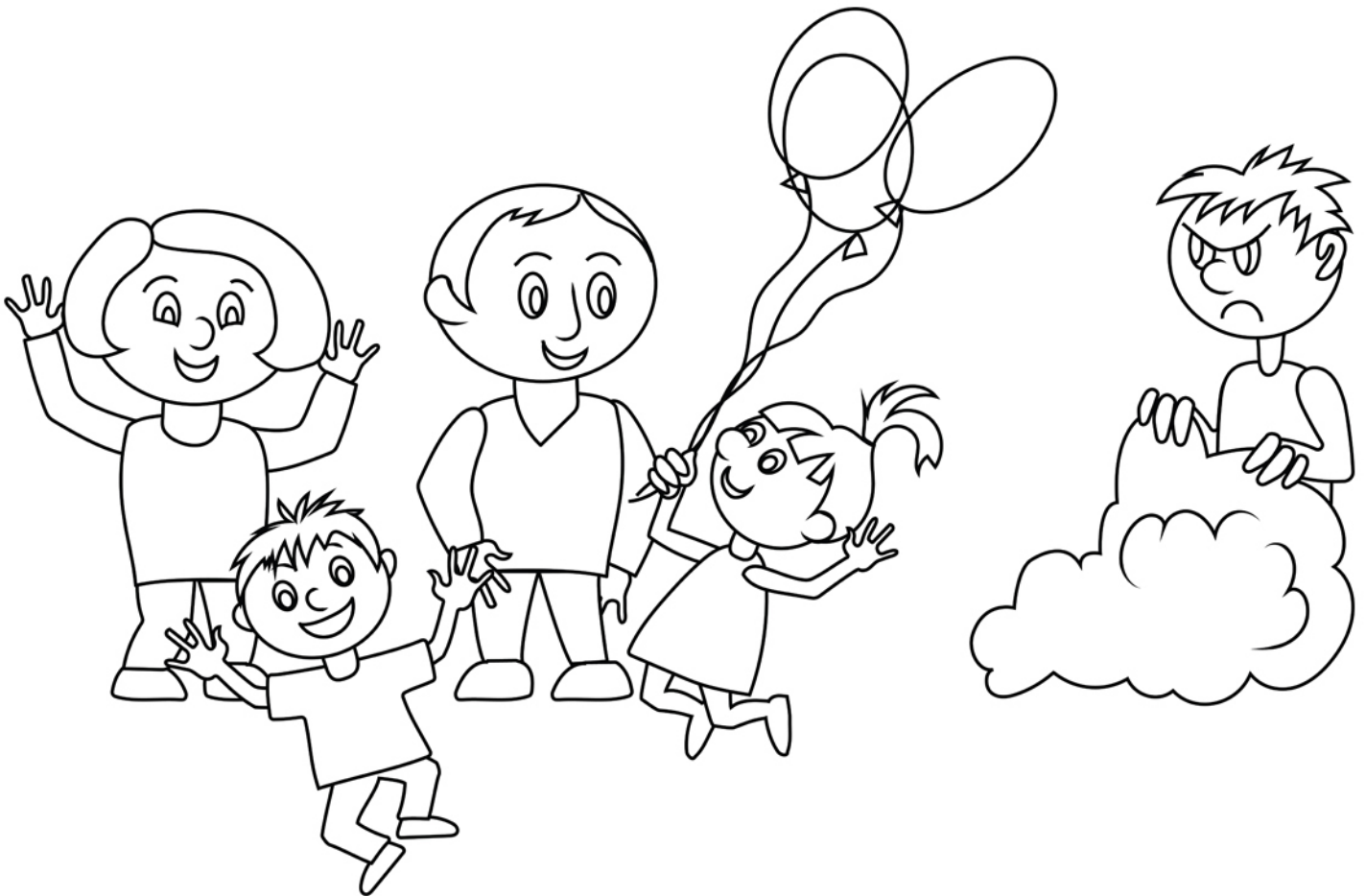
There are things you can do to stay safe  
in the future, too.



Stay away from places where bullying happens.

## ***PART 2: WHAT TO DO IF YOU'RE BULLIED #5***

There are things you can do to stay safe  
in the future, too.



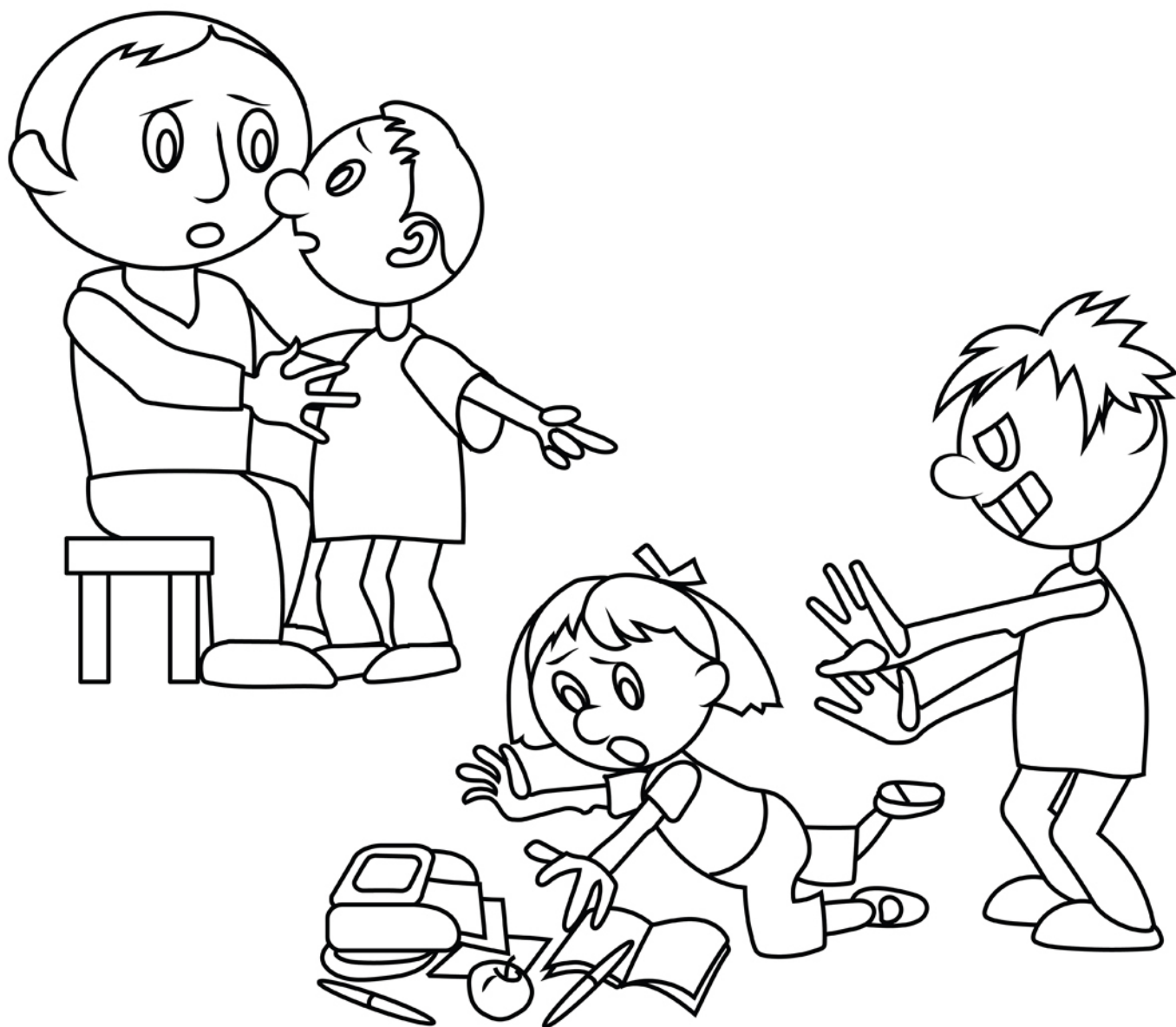
Stay near adults and other kids. Most bullying happens  
when adults aren't around.

# ***PART 3***

***STAND UP  
FOR OTHERS***

### ***PART 3: STAND UP FOR OTHERS #1***

When you see bullying, there are safe things you can do to make it stop.

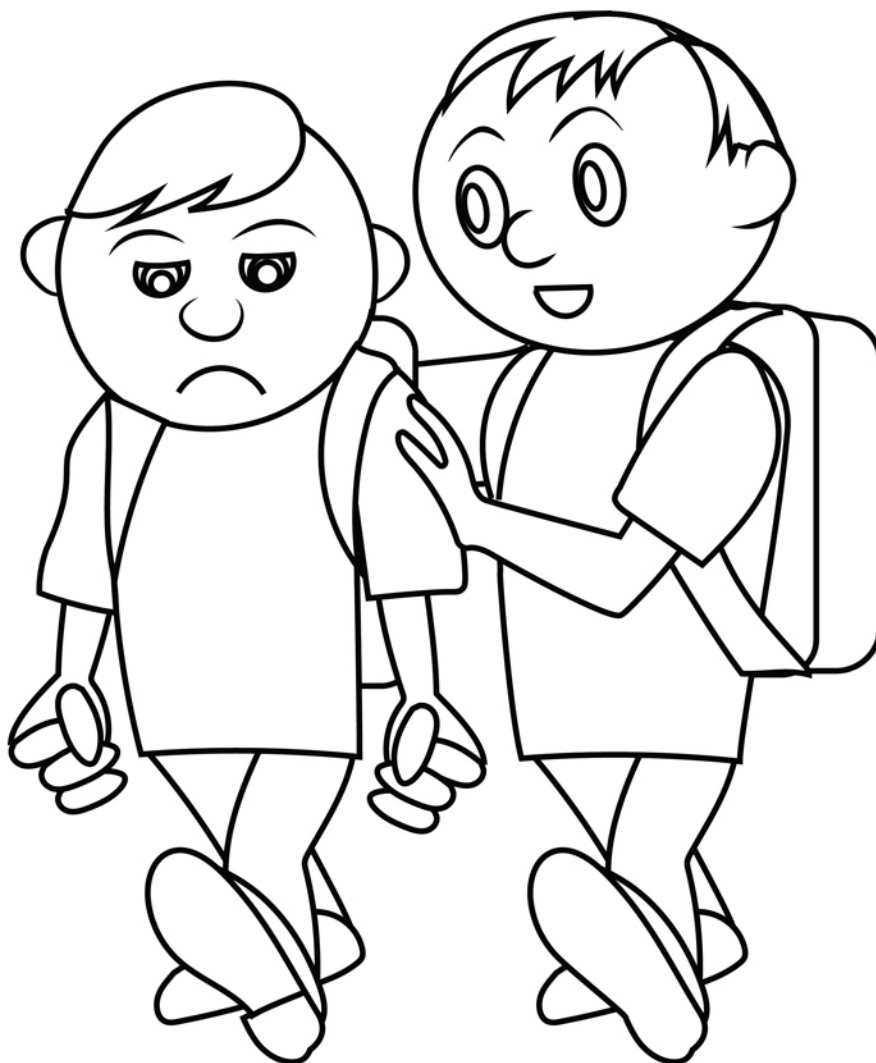


Talk to a parent, teacher, or another adult you trust.  
Adults need to know when bad things happen so they  
can help.



## ***PART 3: STAND UP FOR OTHERS #2***

When you see bullying, there are safe things you can do to make it stop.



Be kind to the kid being bullied. Show them that you care by trying to include them. Sit with them at lunch or on the bus, talk to them at school, or invite them to do something. Just hanging out with them will help them know they aren't alone.

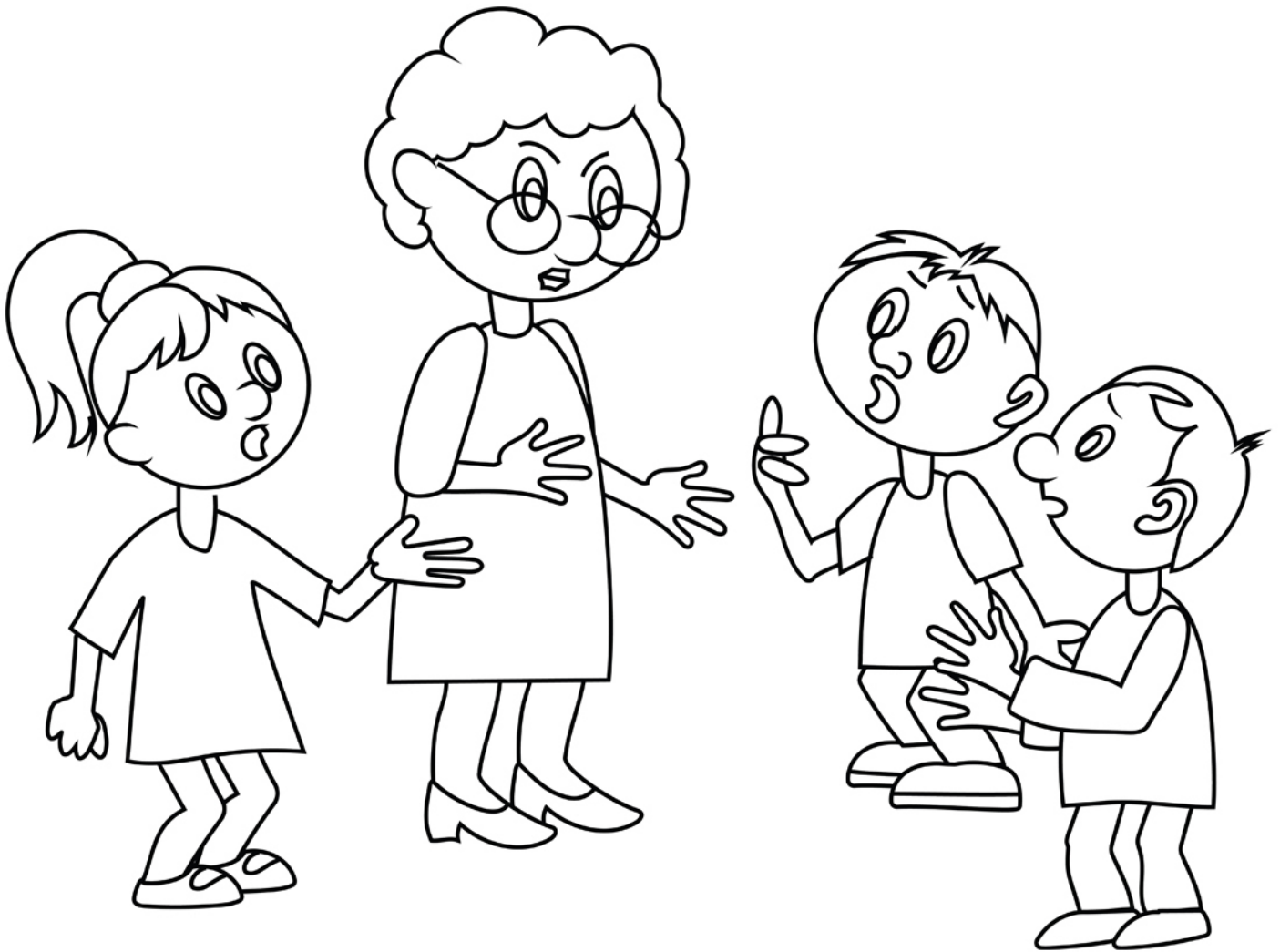


# ***PART 4***

***GET INVOLVED***

## ***PART 4: GET INVOLVED #1***

You can be a leader in preventing bullying  
in your community.



Find out more about where and when bullying happens at your school. Think about what could help. Then, share your ideas. There is a good chance that adults don't know all of what happens. Your friends can go with you to talk to a teacher, counselor, coach, or parent and can add what they think.

## ***PART 4: GET INVOLVED #2***

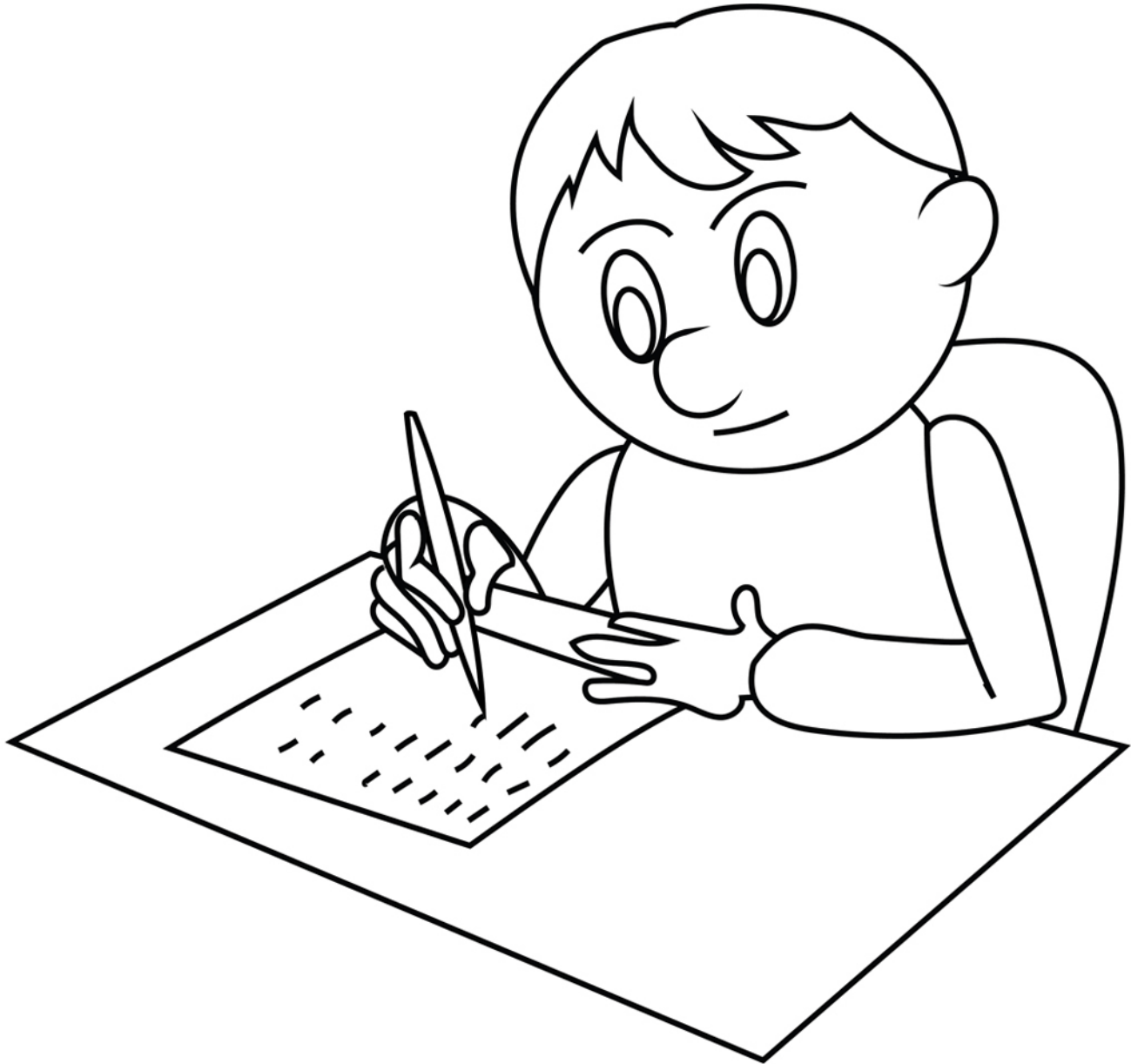
You can be a leader in preventing bullying  
in your community.



Talk to the principal about getting involved at school. Schools sometimes give students a voice in programs to stop bullying. Be on a school safety committee. Create posters for your school about bullying. Be a role model for younger kids.

### ***PART 4: GET INVOLVED #3***

You can be a leader in preventing bullying  
in your community.



Write a blog, letter to the editor of your local  
newspaper, or tweet about bullying.