

BE AN ALLY



You can report bullying online at the Rainy River District School Board Website. Messages will be read during regular school day hours. If you or somebody else is at immediate risk of harm call the Police at 911. For immediate assistance before or after school, during school holidays or on the weekends, you can contact the **Kids Help Line** toll-free at **1-800-668-6868**.

Allies stand up to Bullying.

Be an ally, whether you know them or not. Show compassion and empathy to those who are the targets of bullying behavior by asking if they're okay, going with them to get help and letting them know you are there for them.

Tell bullies to stop. If it feels safe, stand tall and tell the bully to leave others alone. Let bullies know how hurtful it is to be bullied and ask them to think twice before picking on someone again.

Inform a trusted adult. Sometimes you may need extra help to stop the bullying. It's important to tell an adult who you trust so that this person can be an ally to you as well as other people. Getting someone out of trouble is never "tattling" or "snitching" it is standing up for other people rights. Do the right thing and talk to a Principal, teacher, education worker, parent, or police officer. As this trusted adult to help stop bullies.

Don't participate. This is a really easy way to be an ally because it doesn't require you to actually do anything, just to not do certain things—like laugh, stare or cheer for the bad behavior. By refusing to join in you send a message that the behavior is not funny and you are not okay with bullying.

Be an ally online. Bullying happens online and through cell phones. All the rules are the same online, texting, or emailing. So online and offline do your part to be an ally to others.

DO THE RIGHT THING