

Prevention:
Learn how to
identify
bullying and
stand up to it
safely

[Become an upstander](#)



Stop Bullying on the Spot

When adults respond quickly and consistently to bullying behavior they send the message that it is not acceptable. Research shows this can stop bullying behavior over time.

Parents, school staff, and other adults in the community can help kids prevent bullying by talking about it, building a safe school environment, and creating a community-wide bullying prevention strategy.



Cyberbullying

Learn what cyberbullying is, how to prevent it, and how to respond to it if you or someone you know is experiencing cyberbullying.



Federal Laws

Sometimes bullying overlaps with discriminatory harassment, which is covered under federal civil rights laws. Learn more about your civil rights.



What Schools Can Do

School staff can help prevent bullying by establishing and enforcing rules and policies that clearly describe how students are expected to treat each other.



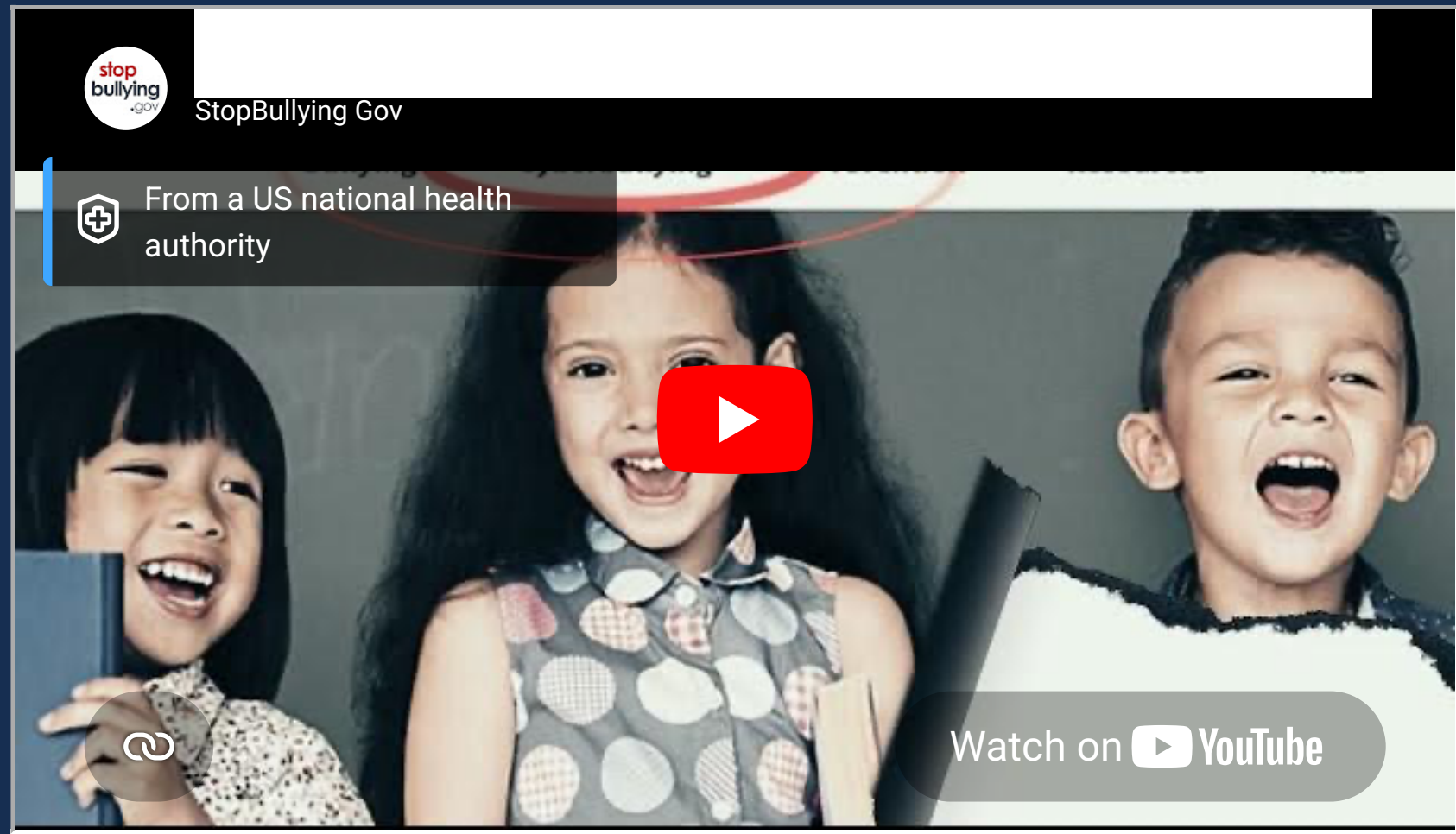
What Kids Can Do

Are you being bullied? Do you see bullying at your school? There are things you can do to keep yourself and the kids you know safe from bullying.

Get Help Now

If you have done everything you can to resolve the situation and nothing has worked, or someone is in immediate danger, there are ways to get help.

[Learn More](#)



What to do if You Experience Cyberbullying

Learn how to respond to cyberbullying and make sure it stops.

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