Stop Bullying: What Kids Can Do
The "Stop - Walk - Talk" Strategy

Stop, Walk & Talk is a simple tool that can be used by victims of bullying, as well as bystanders who witness bullying. It empowers children and youth to tell the bully to stop, that what they are doing is not ok, encourages them to walk away from the bully and to talk with a trusted adult about the incident. Practice with your child at home so they will be ready to stop, walk and talk.



STOP

- Memorize a simple statement, also called a "Bully Ban", to tell the bully what they are doing is not ok:

"Stop that"
"Cut it out"
"Dude, that's not cool"
"Hey, that's over the line"
"Whatever"

- Help kids brainstorm their own statement and practice saying it in a calm, confident voice.

WALK

- Walk away from the bully and crowd of bystanders.
- Walk to the nearest classroom, teacher or to the office.

PREVENTION

- To prevent being singled out by a bully, walk with friends to class or to the playground.
- Ask a trusted adult to shadow you or walk with you.
- Avoid being alone in places where the bullying happens.

TALK

- Talk with a trusted adult about what happened. This can be a parent or family member, teacher, aide or principal.
- Use the HIDOE "Speak Now" app, available for free for Apple and android devices. Students in elementary, middle and high school can report an incident and even remain anonymous.
- Talk with a counselor if the bullying makes you feel sad, scared or worried.

Don't be a Bystander, be an Upstander

A bystander is someone who sees bullying in action, stands by and watches and does nothing about it.
An upstander can do things to support the person being bullied before, during and after an incident has happened.

BEFORE

- Walk with kids who are targeted so they are not alone.
- Invite them to sit with you and include them in activities.
- Don't repeat gossip or share harmful social media posts.

DURING

- Don't laugh or encourage the bully in any way.
- Don't become part of the audience watching the bully.
- Tell the bully to stop.
- Find an adult who can help.

AFTER

- Report bullying to an adult or use the HIDOE "Speak Now" app.
- Show empathy and kindness to the person who was bullied and tell them you care, and they are not alone.

SOURCES: www.psychologytoday.com/us/blog/passive-aggressive-diaries/201801/8-things-kids-can-say-and-do-stop-bullying
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