

## TOP 5 ANTI-BULLYING Personal Safety Tips



**BULLYING**—One in seven students in grades K-12 are bullied or bullies others. The act of bullying is taking someone else's things, telling lies about them, using mean language, and being mean and rude.

**PARENTS**—Having your child practice positive affirmations every day, including before going to sleep, can reduce the likelihood of bullying or the long-term effects of bullying.

**KIDS, you can help guard yourself from bullying:**

1. Tell a parent, trusted adult, or teacher when someone is bullying you.
2. Walk (or run) away when someone is trying to bully you.
3. Avoid hanging around kids with "bad" behavior—those who purposely harm others with words or actions.
4. Believe that you have the power to defend yourself, even when you're scared!
5. Practice anti-bullying techniques.



PLEASE BE SURE TO VISIT US  
ONLINE AT [www.masigma.org](http://www.masigma.org).

**MuAlphaSIGMA** Inc.®

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