

#Day1

Stop
Bullying
Today



3 THINGS YOU CAN DO TO PREVENT BULLYING ON #DAY1

TREAT OTHERS KINDLY

You don't have to like everyone, but you should treat them with respect. Choose kindness, think before you speak, and when you see others being mean, don't join in. If you've hurt someone, apologize.

INTERRUPT AND REPORT BULLYING

There are ways to stop bullying when you see it. Change topics or walk away from a hostile person. Speak up if you see something wrong or find faculty or staff you trust. It's not snitching: it's safety!

REACH OUT

Show support to the bullied or harassed person. Ask if they are all right. Tell them what you saw was not OK with you. Knowing someone cares makes a huge difference to that person.

HAVEN'T
TAKEN THE
#DAY1 PLEDGE
TO END BULLYING?
Talk to faculty and staff
about becoming
an Upstander
today!

GET MORE TIPS FROM #DAY1 AND THE TYLER CLEMENTI FOUNDATION



@tylerclementi



/TheTylerClementiFoundation @tyler_clementi_foundation



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WORKING TO END ONLINE
AND OFFLINE BULLYING IN SCHOOLS,
WORKPLACES AND FAITH COMMUNITIES.

#DAY1 IS A BULLYING PREVENTION PROGRAM
FOR UPSTANDERS FROM THE TYLER CLEMENTI FOUNDATION