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 an adult 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.

GET MORE TIPS FROM #DAY1 AND THE TYLER CLEMENTI FOUNDATION
@tylerclementi /TheTylerClementiFoundation @tyler_clementi_foundation /tylerclementifund

Work 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.

HAVEN’T TAKEN THE #DAY1 PLEDGE TO END BULLYING?
Talk to your program leader about becoming an Upstander today!