

Ouch! Your Silence Hurts

Excuses



What if I'm next?
I don't want to be the next target.



I want to belong
I don't want to be rejected by my friends or classmates.



It's not that bad
I'm not sure what I saw or heard. It's probably not that bad anyway.



Nobody will help
I reported this already and nothing was done.



They deserved it
They were being annoying. Someone needed to "put them in their place."

Act



Tell someone

It's hard to interact with someone who is causing harm. You can help by talking to a responsible adult.



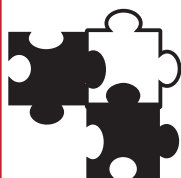
You're not alone

You're probably not the only one who's concerned. Talk to someone who can help. Staying silent only makes it worse.



Talking is not tattling

Even if you aren't sure of all the details, talk it out with someone to understand more than one perspective.



Keep seeking help

Sometimes help isn't found immediately. Keep seeking help until someone responds.



Everyone deserves respect

We all need help learning how to respect one another. You can break the cycle of disrespect.

Many of us who witness bullying feel scared and helpless, but **WITS LEADERS** know that staying silent isn't an option. So what can you do as a bystander? Stop making excuses and act!



Walk Away



Ignore

Talk it Out

Seek Help

www.witsprogram.ca