

I know someone who's being bullied. I want to stand up for them, but I don't know how. What can I do?

-Timid in Tacoma



Dear Timid,

Standing up for others is important, and it's something Jesus did when He was on earth. If you see someone being bullied at school, at church, or online, you can follow Jesus's example by speaking up and being a friend. Try some of our tips below. And don't be afraid to get help! If you see a situation that isn't safe, tell an adult.

Be brave!

The *Friend*

Act out these tips for standing up for others.

Tell the bully to **STOP.**



READ THESE VERSES TO LEARN HOW JESUS STOOD UP FOR OTHERS.

John 8:4-9
Mark 14:3-6

Matthew 19:13-14
Luke 22:50-51

WALK AWAY

with the person being bullied.



Talk to an **ADULT.**

