

# TD's Tips!

## Anti-bullying Efforts



### What can I do?

1. Discuss options with a transition team member about support groups or programs you can join within your school to stop bullying.
2. Make sure you have a trusted adult in your life that you can talk to if you or someone you know is being bullied.
3. Discuss coping strategies with a team member or trusted adult if you are being bullied.
4. Reflect with family members if you have ever been bullied and discuss ways you can deal with with similar situations in the future.
5. Practice using your voice and speaking up for yourself and other in different predictable bullying scenarios. Don't forget about cyber-bullying!

### Pro Tip!

As a way to create awareness, create poster boards with your friends to put up in your school that talk about bullying and how to stop it.

### How about an ultimate challenge?

Ask your teacher or principal if you can hang the signs up in your school and ask what their plan is to stop bullying in your school, including cyber-bullying.



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This tip sheet is aligned to the “Relationships” lesson plan. You can search in the “resources” page on [transitiondiscoveries.org](https://www.transitiondiscoveries.org) to download it!