

# not all superheroes wear capes!

how to be an upstander  
against bullying...

1

## stay calm

Don't react or  
retaliate – in some  
situations, this can  
make bullying  
worse!

2

## interrupt the bullying



3

## remove the person being bullied from the situation



4

## offer support



5

## tell adults you trust

Tell more than one adult and keep telling  
them until the bullying stops



1800 55 1800



kids **helpline**

anytime.anyreason.

[kidshelpline.com.au](http://kidshelpline.com.au)