

# SPEAK UP AND BE A PROUD UPSTANDER!



Facing a bully isn't easy, but finding the courage to say something can make a huge difference.



## ĀWHINATIA / SUPPORT THE PERSON

- Encourage them to ask for help or go with them to get help.
- Share our help and advice page with them: [pinkshirtday.org.nz/help](https://pinkshirtday.org.nz/help).



## HAUKOTIA / DISTRACT

Interrupt the bullying:

- Help the person being bullied to leave the situation.



## KARANGAHIA / CALL IT!

- Don't stand by and watch. It can be hard to speak up in the moment, but it can make a huge difference.
- Let those doing the bullying know that it isn't okay (if you feel safe to do so).



## TAIHOA AKE, KA HAUMARU / LEAVE AND ACT

If you don't feel safe to step in at the time, that's okay. Instead:

- Later, ask the person being bullied what might help them.
- Have a quiet word with the person doing the bullying.



## TAUTOKOHIA / GET SOME OTHER HELP

Support the person to get help (e.g. from whānau, kaiako/teachers, kaimahi/colleagues, a trusted friend or a helpline).



Learn more about being an Upstander at [pinkshirtday.org.nz/upstander](https://pinkshirtday.org.nz/upstander)

