

**When faced with any  
harassing or  
hurtful situation...**

**Challenge.**

***If you are comfortable doing so,  
tell the individual that  
what they are saying is hurtful.***

**Be an Upstander.**

***Be vocal in your support of  
someone who is being  
bullied or harassed.***

**Report.**

***Tell a trusted adult.***

***Fill out the SAFE Report form.***

