

# BEING THERE

## SHOW YOUR SUPPORT

**Think about what it's like to experience bullying and to believe that no one cares. That's a lonely place to be.**

### **YOU CAN HELP OTHERS FEEL LESS ALONE!**

During those times where someone is hurting, you can be there for them. When you show you care, it can take someone from feeling hopeless to feeling valued and respected.

### **WAYS YOU CAN BE THERE FOR SOMEONE:**

- Let them know that they can talk with you
- Tell them that you are there to help and that they are important
- Remind them they have you as a friend
- Change the subject if your peers start tearing someone down
- If you see others being hurtful to someone online, add a positive comment about the person

### **THINGS YOU CAN SAY TO SHOW SUPPORT:**

- I'm here for you
- You aren't alone
- Let's find someone that you can talk to about this
- You didn't deserve that
- Let's tell someone who can help you