

## Upstanders

the best defence  
against bullying



## Speak out

words can hurt  
and words can heal



# Bystander to Upstander



Build your  
courage



Kindness  
matters

**Tell your parents and tell your school.**

Visit the Office of the eSafety Commissioner to learn more about reporting online bullying. If you think added support would help, call Kids Helpline on 1800 55 1800. It is free and private.

[antibullying.nsw.gov.au](http://antibullying.nsw.gov.au)