

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