According to Elementary Students Who Have Been Bullied

Actions that Help the Most (and the Least) from Adults at School

Some of the best things adults can do are:
- Listen to them.
- Give advice and encouragement.
- Check in to see if things are getting better.
- Making sure there are adults around in places where bullying occurs.
- Disciplining the student who was mean.

Some of the worst things that adults can do are:
- Telling them to stop tattling!
- Telling them to solve it themselves.
- Saying they should have acted differently.
- Ignoring what’s going on.

Actions that Help the Most (and the Least) from Peers at School

Some of the best things other kids can do are:
- Talk to them.
- Spend some time with them.
- Help them get away from the person harassing them.
- Make a distraction, so the mean teasing stops.
- Help them tell an adult at school.

Some of the worst things that other kids can do are:
- Blame them for being teased or bullied.
- Making fun of them for being teased.
- Making fun of them for asking for help.
- Ignore what’s going on.

These answers are based on the 5th graders responses to a survey that included over 10,000 students in grades 5-12 by The Youth Voice Research Project led by Charisse Nixon and Stan Davis.
www.youthvoiceproject.com