

PINK SHIRT DAY WITH MATES

BE AN UPSTANDER TO STOP BULLYING

- **TAUTOKO/SUPPORT THE PERSON EXPERIENCING BULLYING** — even if you just stand beside them and let them know you're there for them.
- Make it clear to your mates that you won't be involved in or encourage bullying behaviour.
- If you feel safe, **BE DIRECT CALM AND CONFIDENT**, then call the person out on their behaviour.
- If you don't feel safe, leave and seek some support.
- Get tautoko/support or help
- To talk to MATES, call 0800 111 315.



0800 111 315

