

Get involved.

18. Join a local group or a school program that is working to stop violence.
19. Post anti-bullying messages on your social media sites.



20. Organize an anti-bullying event at your school or in your neighborhood.
21. Take a class in conflict resolution. Teach others what you learn.



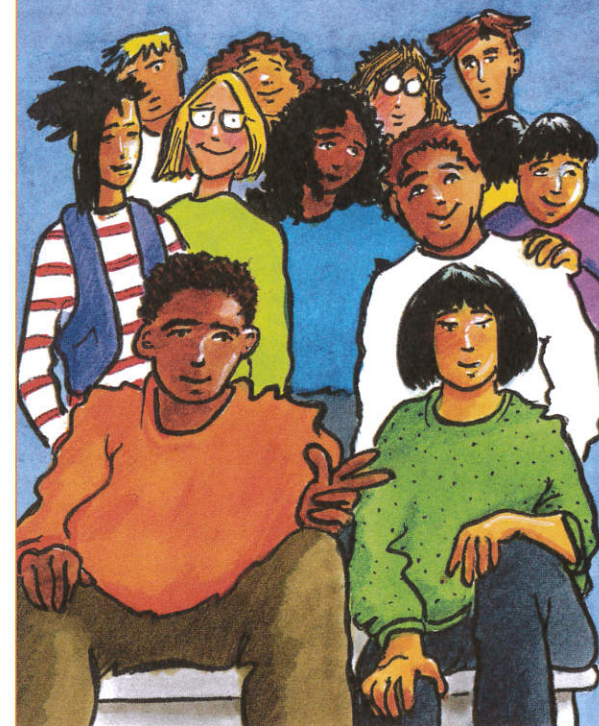
Everyone can help stop violence!
From looking at your own actions to getting involved in a school or neighborhood group, you can help stop violence.
For ideas on what you can do, look inside!

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YOU CAN MAKE A DIFFERENCE

21 Things You Can Do to Prevent Violence In Your School and Neighborhood



EVERYONE DESERVES TO BE SAFE

Everyone can do something to stop violence. Here are 21 things you can do to help at your school or in your neighborhood.

Preventing violence starts with respect.

1. Treat people with respect (even if you do not like them). Encourage friends to be respectful too.
2. Appreciate the ways people are different. The world would be boring if we were all the same.
3. Respect property. Always ask before you borrow or alter another person's things.



Violence can take many forms.

- ✓ Physical violence includes fights or attacks. It can mean hitting, kicking or using a weapon.
- ✓ Verbal violence includes name calling, put-downs, teasing and threats. This can happen in person or online. It can lead to someone getting hurt or to suicide.

Take action if you see someone getting hurt.

4. If you see someone being bullied or teased, speak up. Say, "Hey, that's not OK. You need to stop."
5. If the person does not stop (or if you don't feel safe speaking up), get help.
6. If someone is being physically threatened or hurt, get help right away. Get an adult to help or call the police.
7. If you see or hear about hurtful things that happen online (cyberbullying), talk to an adult.
8. If you hear anyone talking about or threatening violence, tell an adult.



Keep yourself safe.

9. If you feel unsafe at school or in your neighborhood, get help from a family member, teacher, coach or another adult.
10. Find safe routes to school. Hang out where you can be seen if there is trouble.
11. If you see someone with a knife, gun or other weapon, walk or run away. Tell an adult right away.
12. Don't hang out with people who bully. Choose friends who treat others with respect.



Everyone deserves to be safe.

- ✓ If you are being teased, bullied or hurt by anyone (another kid or an adult), tell someone you trust.
- ✓ Talk to a family member, teacher, coach, or principal. Tell them you need help.



Handle conflicts peacefully.

13. Try to think of peaceful solutions to problems.
14. If you feel too angry to solve a problem peacefully, walk away. Try again when you have had a chance to calm down.
15. If you can't solve a conflict on your own ask for help.
16. If you hurt or offend someone, tell him or her that you are sorry.
17. Stay away from alcohol and other drugs. They make it harder to deal with problems.

