

# Use the **IT STOPS** steps:

- I** = IGNORE: Ignore it.
- T** = TALK: Tell them to stop.
  
- S** = SEE: Wait a while and see if it works.
- T** = TELL THEM: Tell them you're serious and will speak to an adult.
- O** = OPEN UP: Open up and speak to an adult.
- P** = PERSIST: Speak to as many adults as you need to until it stops.
- S** = STOP: If you follow these steps the bullying WILL stop. 😊