

## Bullying

Using verbal, physical or graphic violence toward someone because of their differences.

### TOP FIVE TIPS TO STOP/PREVENT BULLYING

1. **Try to make friends with other students.** A bully is less likely to mess with you and your friends, especially if you stick up for each other.
2. **Talk to an adult or someone you trust.** Together, you and an adult can come up with a plan to stop the bully. If the situation gets worse, this adult can intervene.
3. **Avoid situations where bullying can happen.** Stay away from areas where you may be alone with a bully. Try to stay in areas that are supervised or an area where you are with your friends.
4. **Don't blame yourself for the bully's actions.** Most of the time, a bully is a bully because of something that they are uncomfortable about within themselves. If you let a bully get to you, the situation can get worse.
5. **Visit SAVE's website, [www.nationalsave.org](http://www.nationalsave.org),** for more useful tips and strategies.

## Conflict Management

Even though we can't resolve all conflicts, we can learn how to manage them peacefully.

### TOP FIVE TIPS TO MANAGING CONFLICTS PEACEFULLY

1. **Set ground rules.** Agreeing to listen to each other without interruptions will lead to better understanding.
2. **Have each person tell their side of the story.** You can better understand what the other person may be upset about and clear up any misunderstandings.
3. **Find common ground.** It is okay to agree that you disagree, everyone is entitled to their own opinions. Try to find at least one thing you like about each other.
4. **Brainstorm possible solutions.** Even if you agree to stay away from each other, at least there will be less confrontation.
5. **Reach an agreement and abide by the terms agreed upon.** Write up an agreement in which you both agree to follow.



## Multicultural Awareness

The United States is a melting pot of various cultures. It is important to appreciate others.

### TOP FIVE TIPS TO CREATE MULTICULTURAL UNDERSTANDING

1. **Educate Yourself!** Educating yourself on others' differences will lead to more friends and appreciation of your own background.
2. **Experience other cultures!** Experiencing other cultures will educate you more on the world. Visit ethnic restaurants, cultural festivals, or attend a religious service with a friend from another background.
3. **Take a Stand!** Don't discriminate. Picking on others for their actions or beliefs affects everyone negatively.
4. **Speak Out!** When you witness discrimination or injustice lead by example. Don't be afraid to befriend someone who is different. Inform a trusted adult.
5. **Team Up and Educate others.** Work with other students and plan a cultural awareness event like a Mix It Up day event during lunch time or a cultural festival.

*SAVE... encouraging and empowering students with positive life skills while engaging them in educational activities and opportunities to promote good citizenship.*

## Internet Safety

Information posted on any kind of public forum can be read by anyone.

### SAFETY TIPS FOR USING THE INTERNET WITHOUT PUTTING YOUR PERSONAL SAFETY AT RISK

1. **Never enter personal information.** Personal information such as name, address (home and email), telephone number, or school should never be shared with anyone you meet in cyberspace.
2. **Never agree to meet someone** who has contacted you through the internet. It is important to remember that people you meet online, whether in a chatroom or message forum, may not be who they say they are.
3. **Never send or post your picture.** Posting a picture of yourself allows a predator to easily identify you.
4. **Never post your current whereabouts on the internet,** including in away messages, message boards, and online forums.
5. **Do not share information about others on the internet.** Information on friends and family should not be shared with people you meet online. Never reveal anything about other people that could possibly get them into trouble. Gossiping online can lead to potential conflicts in the future.

## Thank You!

Special thanks to the 2006-2007 National SAVE Youth Advisory Board for creating this brochure!



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## YOUTH VOICES... GROWN-UP CHOICES!



The "TOP FIVE" Tips  
That Every Student  
Should Know About:

*Bullying*  
*Conflict Management*  
*Multicultural Awareness*  
*Internet Safety*