

10 RULES OF SURVIVAL IF STOPPED BY THE POLICE*

Encounters with the police can cost you your life. Think about your actions!



*10 Rules of Survival was developed by David Miller's Dare to Be King: What if the Prince Lives program, who's mission is to inspire, support and strengthen organizations that provide services to boys of color. Find out more and purchase the poster at: <http://daretobeking.net>

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10 Rules to Combat Bullying

- 1. Look the bully in the eye and tell him/her to stop.** - If a bully is teasing you in a way you don't like, insulting you or physically threatening you, use eye contact and say calmly and clearly "No."
- 2. Avoid escalating the situation.** - Teasing the bully by calling him/her names or threatening to fight is only going to make the situation worse.
- 3. Know when to walk away** - If the situation seems threatening or dangerous its best to turn away and walk away.
- 4. Don't respond to cyberbullying attacks.** - If you're being bullied via text, Facebook, Twitter or other social media do not respond to the bully.
- 5. Don't wait too long before explaining everything to a trusted adult.** - If the bullying has reached the point where it's causing you to feel anxious about going to school, keeping you up at night, or interfering with your life in any other negative way, seek help from a trusted adult.
- 6. Take Legal action.** - If measures taken by the school or a trusted adult are not sufficient, consider taking legal action against the bully.
- 7. Call local law enforcement (police).** - If the bullying you're experiencing involves physical violence and other problems call your local police department.
- 8. Stand up for others being bullied.** - If you see someone getting bullied, stand up to the bully
- 9. Spread the word that bullying has to stop.** - Join a group or start one at your school to spread awareness and stop it.
- 10. Become informed!** - Learn as much as you can about how to stop bullying and share it with others.

Because YOU Matter: 4 Things You Should Know

- 1) Physical Bullying** is to hurt someone physically
- 2) Verbal Bullying** is using words in a negative way to hurt someone (also known as **Social Bullying**)
- 3) Cyber Bullying**—Using electronics to hurt someone. For example, posting something online that isn't true about them.
- 4) Spiritual Bullying**—Hurting someone spiritually or destroying someone's dreams...

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