



# Look familiar? We can help...

Getting picked on and pushed around is scary and embarrassing, but it's not hopeless. There are things you can do about it, and people who can help. To find out more, get your parents' permission and log on to [www.StopBullying.gov](http://www.StopBullying.gov)

**STOP**  
**BULLYING**  
TAKE A STAND. **NOW!** LEND A HAND.