



# Breaking the Cycle

Activity 4b

**Don't just stand there,  
do something!**

Intervention Cards



**Encourage the bullied person to tell someone**



**Show your disapproval of the bully**



**Go and get a group of mates to help you  
stop the bullying**



**Form a friendship group for the person being bullied  
to make sure they are not isolated**



**Walk away and ignore the bully**



**Tell the bully to stop if it is safe to do so**



**Tell an older pupil**



**Tell an adult**



**Make sure the victim is never  
left on their own**