

Bullying



You CAN DO something about it !

You are NOT alone!

Bullies are people who do and say things that make others feel uncomfortable, afraid and lonely.

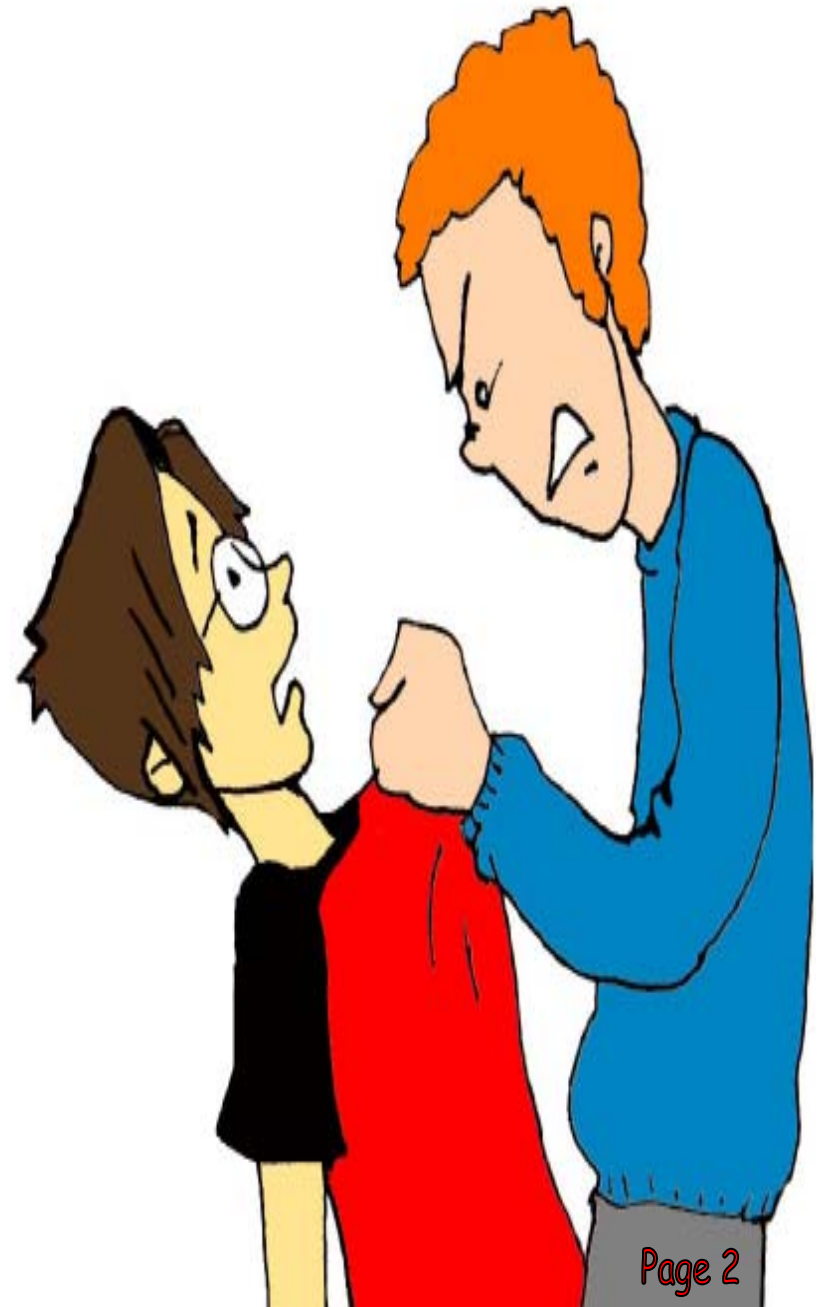


Bullying can be:

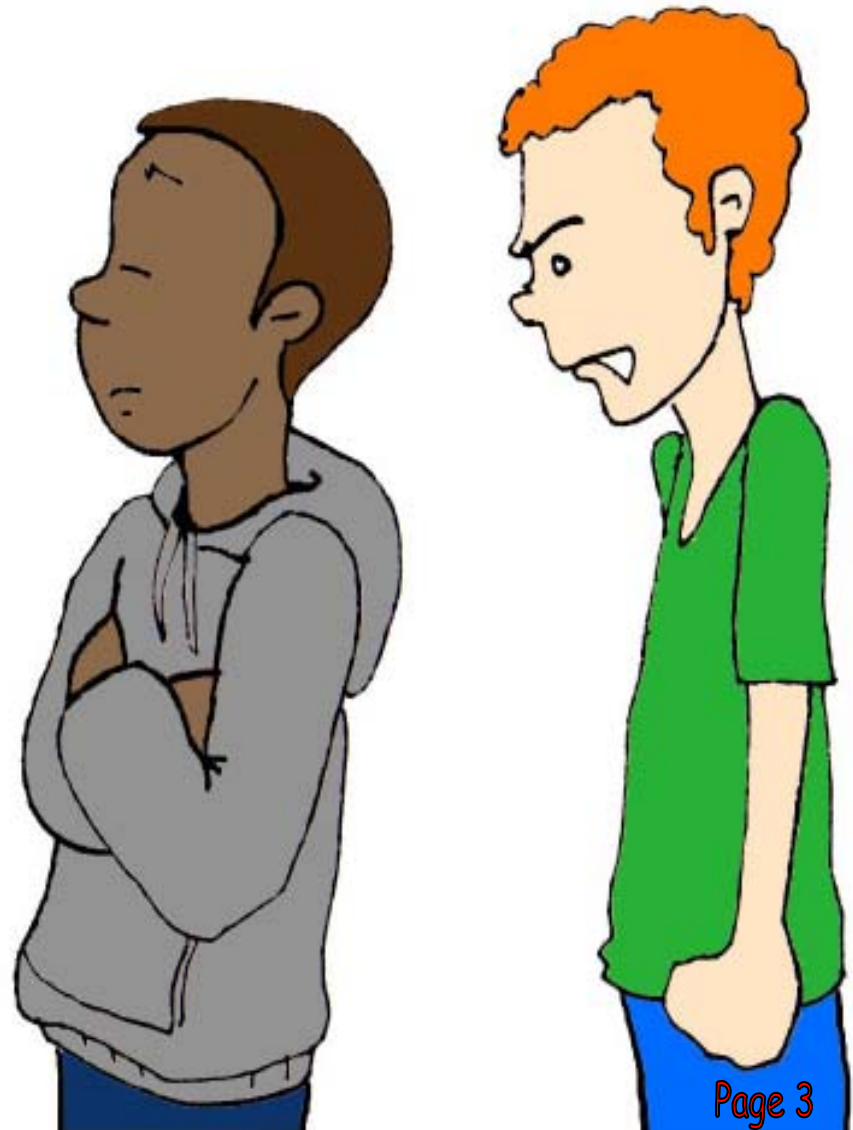
- name calling.
- saying or writing bad things about someone.
- not including others in activities.
- making someone do things that he or she shouldn't do.

Bullying can lead to other serious offences such as:

- assault, by hitting or kicking someone.
- threatening, when someone says that they will hurt you, your friends or your pets.
- theft and mischief, when someone takes or breaks your things.

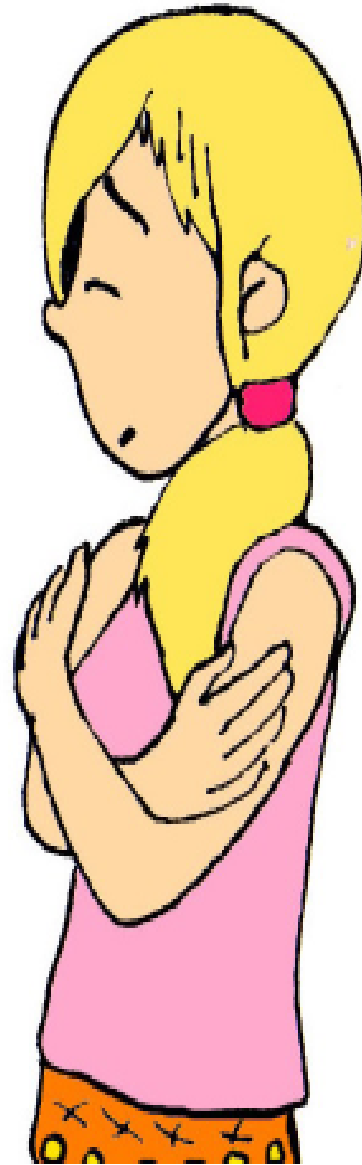


Try to ignore the bully, but if the bully is bigger or stronger than you, or if the bully has a weapon,



the best thing to do is to give
the bully what he or she wants.

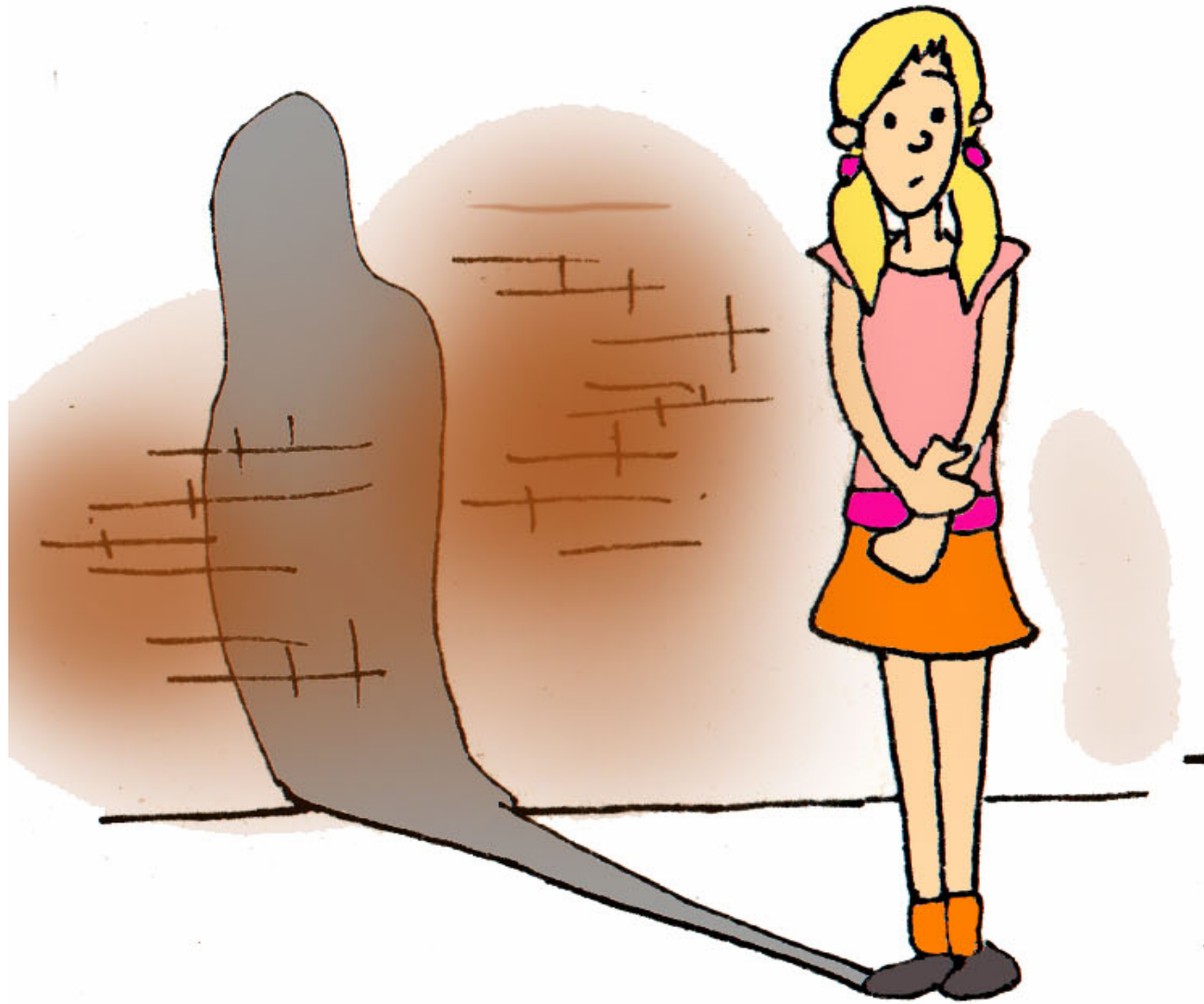
Things can be replaced – you
cannot.



Try not to be scared. Stay positive. Play with your friends, this way you are not alone. Bullies usually don't pick on kids in a group.



Stay away from places where you may be alone and unsafe.

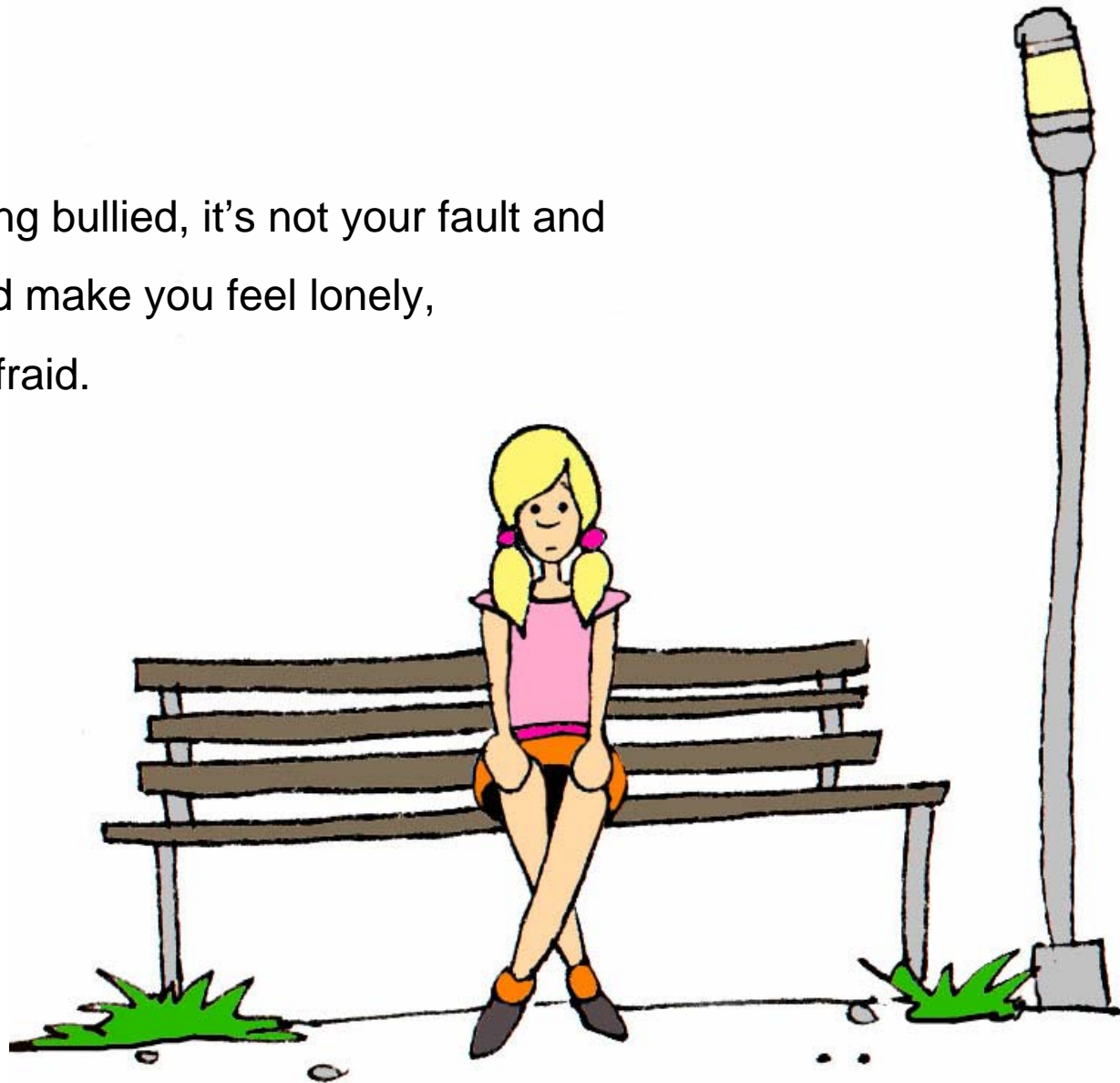


If someone is bullying you, you should always tell an adult you trust, like your teacher, the principal, a parent, or even the police.

Remember it's not tattling. Bullies need help to stop!



If you are being bullied, it's not your fault and no one should make you feel lonely, unhappy or afraid.



If you see someone else being bullied, help the person being bullied – tell an adult that you trust what is happening.

Remember to always treat others the way that you want to be treated.



Have you ever bullied someone?

Think about why you did it.

Remember that no one likes a bully.

Bullying is wrong.

