
We all fall out or argue with friends sometimes - is that really bullying?

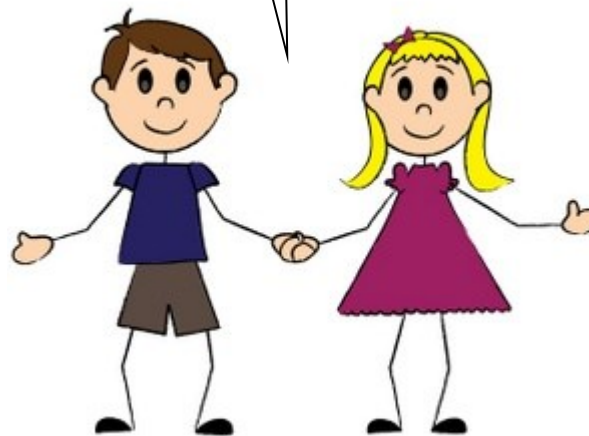


However...

Several
Times **is**
On **BULLYING!**
Purpose

If you are being bullied,
you **MUST**:

Start
Telling
Other
People



**Together, we can
STOP bullying!**



Bullying is a big deal!

Remember - there are different kinds of bullying:

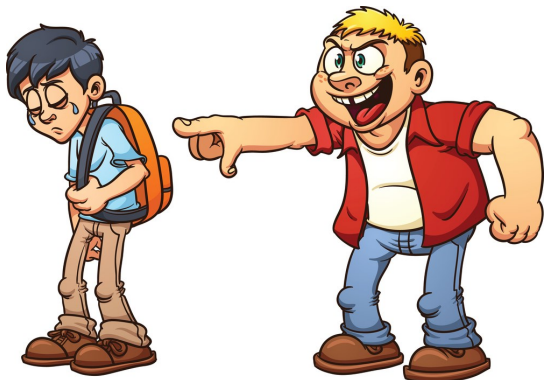
Physical Bullying:

Hitting, punching, kicking.



Verbal Bullying:

Insults, name calling, racist remarks



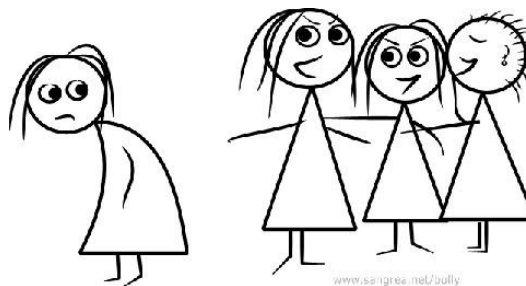
Cyber Bullying:

Hurtful or unkind messages sent by text, e-mail, games console chat groups or social media.



Indirect Bullying:

Threatening behaviour, spreading nasty rumours, not letting someone join in with games.



If you are being bullied, or know someone who is being bullied, this is what to do:

Speak to your teacher or a member of school staff;

Tell your parents or someone who cares for you;

Open up to a friend;

Pronounce your worries to a trusted adult.



There are people who will help you,
Let's deal with it today,
Share your concerns with someone,
And the bullying will fade away.