

What is bullying?

- Verbal bullying - name calling, teasing and saying mean things to someone
- Social bullying - spreading rumors, leaving people out on purpose, breaking up friendships.
- Physical bullying - hitting, punching, shoving
- Cyberbullying - using the internet, cell phones or other technical devices to harm others.

If you see someone being bullied.....

- Never laugh or encourage the bully
- Refuse to join in or even watch
- Help the child get away from the bully
- Tell an adult about what happened

Tips on dealing with bullies

- Stand tall and act strong
- Don't get mad or fight back
- Ignore the bully and walk away
- Tell a trusted adult what happened

Don't be afraid to report bullying

- Tell an adult what happened as soon as you can
- Explain the incident clearly
- Tell who was involved and what you saw
- Remember that reporting bullying helps protect yourself and others

We have a right not to be bullied. We all deserve to.....

- Feel safe & secure at school
- Be respected
- Be included
- Be treated fairly by others
- Feel good about ourselves
- Get help from a trusted adult when needed