

BULLYING

WHAT CAN YOU DO?

Stand up for yourself in a positive way.
Eg "I don't like the way..."

Walk away.

Try and talk to the person.

Politely and firmly ask them to stop.

Get a friend to help.

Report it to an adult such as your teacher, parents or counsellor.

If you see someone being bullied, **help them**. If you do nothing, you're saying that bullying is okay with you.

