

# BULLYING

## WHAT IS BULLYING?

Telling lies or stories about someone to make other kids not like them.



Making someone afraid of getting hurt.



Sending hurtful texts or emails. Posting hurtful messages, photos or videos on social media.



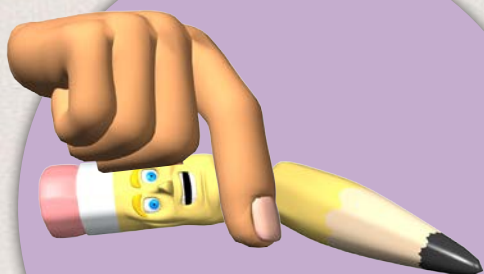
Bullying is when someone keeps on doing or saying hurtful things to have power over another person.



Making fun of someone and teasing them in a mean and hurtful way.



Hitting, kicking, touching, grabbing, spitting on or pushing someone.



Taking or damaging other people's things.

Unwelcome touching, hugging, kissing, brushing-up against, staring or leering.



Leaving someone out on purpose or not allowing them to join in. Encouraging others to bully.





# BULLYING

WHAT CAN YOU DO?

Walk away.



Stand up for yourself in a positive way.



Try and talk to the person.



Politely and firmly ask them to stop.



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

Get a friend to help.



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



Fill out a bullying report form





# BULLYING

HOW DO WE  
DEAL WITH  
BULLIES?

Talk with a  
teacher.

Talk with  
parents or  
friends.

YOU

x



- Fill out a bullying form.
- Talk with the class teacher / counsellor.

YOU

x



BULLY

- Counsellor, parents, principal involvement.
- Behaviour change negotiated.
- Behaviour change monitored.

YOU



x

BULLY

Disciplinary action.

