

BULLYING It Hurts Everyone!



WHAT IS BULLYING?

Bullying is when one person, or a group of people, repeatedly do things to hurt someone else. A person can bully in person or in texts, emails or instant messages. Bullying can include:

- Name-calling, threats or teasing.
- Playing mean or embarrassing jokes or tricks.
- Saying mean things about someone or never letting them join in activities.
- Punching, pinching, shoving, hitting, choking, biting or spitting.

If you see someone being bullied:

- ✓ Don't laugh. Say, "This isn't OK."
- ✓ Try to help the person who is being bullied.
- ✓ If you are being bullied, try to walk away.
- ✓ If the bullying doesn't stop, tell an adult. Remember that asking for help is not the same as tattling.

IT'S NEVER OK TO BULLY

