

Say sorry

Tell somebody

Offer kindness

Please stop

Be brave

Understand what is right

Let it stop

Laugh out the sadness

You say stop

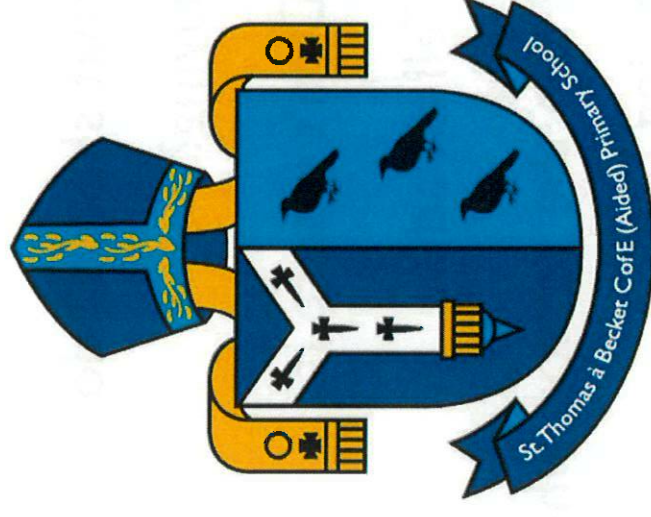
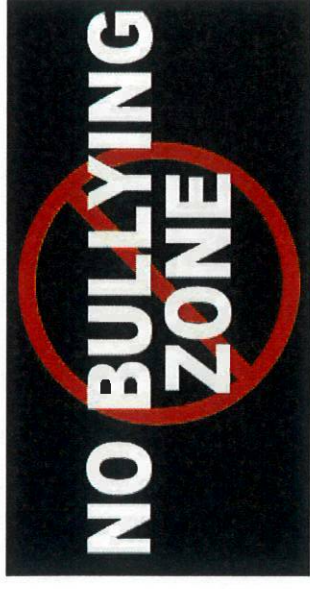
Ignore it

Nice anyway

Go and tell



Treat others how you
want to be treated



With faith and nurture we
flourish



What should I do if I see bullying?

- Don't ignore it
- Tell an adult
- Help the person who is being bullied
- Tell the bully to stop if it is safe to.

TYPES OF BULLYING

<p>PHYSICAL BULLYING</p> <p>Attacking another person by hitting, kicking or pushing.</p>	<p>VERBAL BULLYING</p> <p>Calling people names, teasing or threatening, either by voice or using written words.</p>
<p>SOCIAL BULLYING</p> <p>This includes excluding someone from a group and/or spreading rumors about a person.</p>	<p>CYBER BULLYING*</p> <p>This is bullying that happens through interactive technology such as cell phones, social networks and other websites</p>

Who can you tell?

- A friend you can trust.
- Your mum or dad
- Any staff in your school
- Brother or sister

