



If you are being bullied...

DO...

 Tell an adult	 Ignore them and
 you trust	 don't react
 Walk away	 Play with another friend

Three steps to **STOP** a bully!

- STOP** - Tell the bully to stop (if that does not work...)
- WALK** - quietly walk away
- TALK** - tell an adult you can trust - e.g. a parent / carer / school staff.

Adults will sort out the situation!

What is bullying?

Bullying is being unkind to someone

several times on purpose.

Bullying is not....

Sometimes friends fall out or say mean things once

- This is not bullying!

DON'T...

Don't react with words,	violence or	online
Don't believe them!		

What is Bullying?

We can define this as...

S Several

T Times

O On

P Purpose



Bullying could be...

- Emotional** - Hurting feelings, leaving out
- Physical** - Punching, kicking, hitting
- Verbal** - Name calling, racism, teasing
- Online** - Unkind words online, email, text
- Third person** - Sending a horrible message

(For students, by students reviewed for the 2022 academic year by U6 and U7)

