

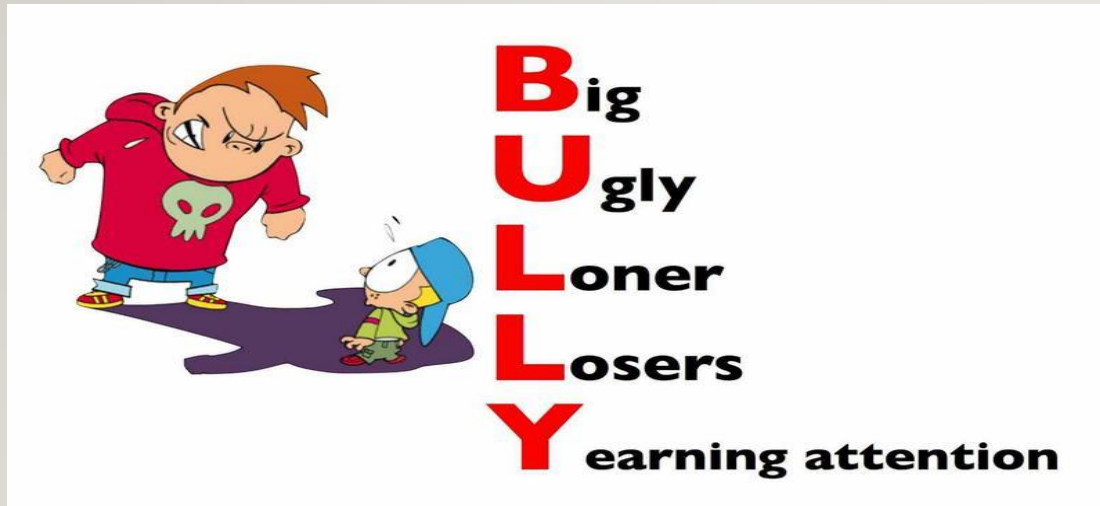


WHAT IS BULLYING

BULLYING IS

- When someone does or says something intentionally hurtful and they keep doing it even when you tell them to stop or show them that you are

upset- **that's Bullying**



TIPS IF YOU ARE BEING BULLIED

- Get away from the bully and get to a safe place where there is an adult.
- Tell the bully to STOP
- Don't respond or retaliate to bullying messages – it could make things worse
- Don't anger the bully. Say something like, ' thanks for letting me know' and then get away and tell.
- Always, remember that you are brave, awesome and worthy of love and respect, no one deserves to be bullied .

TYPES OF BULLYING


• **Verbal Bullying**

- * **Calling Names**
- * **Gossiping**
- * **Threatening**
- * **Making fun of others**

Mental Bullying

- * **Exclusion**
- * **Rumor Spreading**
- * **Cyber Bullying**
- * **Pushing**

Physical Bullying

- * **Hitting**
 - * **Punching**
 - * **Tripping**
 - * **Pushing**
- 

IS IT BULLYING

Some ways to know if you are being bullied

Joking Around

Everyone having fun

No One getting hurt

Everyone participating equally

_one time thing

Being mean on purpose

It's a reaction to a strong feeling or emotion

It only happens once & never again

Conflict

Two people with a balance of power that have a fight
argument, or disagreement

A solution can usually be found

Bullying

Repeated unwanted aggressive behavior towards another

Someone being hurt on purpose

Can be social, verbal, physical or cyber

WEBSITES

- <http://www.thenedshow.com>
- <http://www.storylineonline>
- <https://jr.brainpop.com/health/besafe/bullying/>
- <https://www.stopbullying.gov/>
- www.pacer.org