

## WHAT IS BULLYING?

### BULLYING IS:

The repetitive, **intentional hurting** of one person or group by another person or group, where the relationship involves an **imbalance of power**. Bullying can be **physical, verbal** or **psychological**. It can happen face-to-face or online.

## HOW TO ASK FOR HELP

**Talking to a trusted adult** about bullying is very important. If you're nervous, **ask a good friend** to help you. Your school might have different ways to report bullying, like a worry box or online form, so find out what way might work best for you. **Remember, no one deserves to be bullied.**



# WHAT TO DO IF YOU OR A FRIEND IS BEING BULLIED

- It doesn't matter what colour hair you have; what trainers you are wearing; how you speak; how you walk; how you talk – **it is not your fault if you get bullied.** We are all different in some way and that's what makes us amazing.
- Whether you are a boy or a girl, old or young, big or small – bullying makes you feel rubbish and **it's okay to be upset about it.** The important thing is that you tell someone about it.
- **Talk to a Trusted Adult:** If someone is bullying you or a friend, it's important to talk to someone you trust, like a teacher, parent, or another adult who can help.
  - **Don't Stay Silent:** Bullying is not something you should face alone. Even if it's scary, telling someone can make a big difference.
  - **Be a Friend:** If you see someone being bullied, don't join in. Offer them kindness and ask if they'd like help telling an adult.

## EMBRACE WHAT MAKES YOU UNIQUE

Remember, **being different is what makes you, you!** Try to spend time with people who make you feel happy and good about yourself. If someone is always mean or putting you down, they are not being a real friend. **Do the things that make you feel good** – whether it's drawing, playing sports, or singing. Surround yourself with people who **celebrate the monster you are!**