



Bullying is not our game

WHAT IS BULLYING?

Bullying is hurting another person on purpose over a period of time. This may take the form of hitting, kicking, pinching or doing some kind of physical harm. Or it can involve insulting, mocking or cornering the victim... in other words, upsetting them.

WHAT ABOUT CYBERBULLYING?

If you use email, WhatsApp, Instagram or other social networks to upset and hurt other people, you are guilty of cyberbullying.



WHY MUST IT BE STOPPED?

- Bullying is unfair.
 - Nobody likes or deserves to be hurt or upset.
- When jokes upset the
- other person, they stop being teasing or a game, and become an attack.
- We all want to feel safe
- and to be treated with respect.

IF IT DOES HAPPEN, WHAT SHOULD I DO?

If it does happen, you need to do something, because it's everyone's responsibility:

- If you see a classmate being mistreated by another, help them or go to an adult for help.
- If one of your classmates keeps picking on you, ask for help from your classmates, teachers, parents, monitors, coaches, etc.
- If you are hurting or upsetting someone, then stop, think, and don't do it again.

#SCHOOLwithoutBULLYING

