



What is bullying?

- Bullying can be verbal or physical
- Words can hurt
- Pushing and hitting hurt
- Bullying is wrong and should not be accepted!

How can you tell if a child is being bullied?

- Is reluctant to go to school
- Cries when being taken to school
- Is violent with smaller children or siblings
- Begins to harm animals
- Has unexplained bruises or marks on body

How can you recognize a bully?


- Dominant personality
- Short temper
- Disrespect for authority figures
- Disregard for the feelings of his peers

Remember, most bullies have low self-esteem and are taking out their frustrations on others!



Don't FALL for bullying!

Tips for dealing with bullies



What should you do if someone bullies you?

- Don't believe anything a bully says. He or she is only trying to hurt you!
- If someone hits or pushes you at school, tell your teacher or another teacher, principal or assistant principal. Write what happened on a piece of paper. Take the note home and tell your parent/guardian about what happened
- If someone bullies you anywhere else, tell your parent/guardian or the adult in charge