

# How To deal With Bullies

- YOU ARE BEING BULLIED if another kid scares you, hurts you, calls you bad names, says bad things about you, makes you do things you don't want to do, tells you who you can and can't speak to, steals or breaks your toys and things.
- TELL a teacher, principal, parent or trusted adult.
- MOST OF THE TIME avoiding, ignoring, joking around or having words with the bullies WILL NOT WORK!
- If you don't tell, THINGS MIGHT GET WORSE!

- If you are being bullied, YOU ARE NOT ALONE. Everyone gets bullied at some point.

- BE BRAVE, BOLD, SMART AND SAFE. It's ok to feel scared. Telling is the right thing to do.

- BULLYING IS WRONG! REMEMBER, DON'T BECOME A BULLY YOURSELF!

