

Anti-bullying Tips

SEE IT, TELL, STOP IT

Bullying is behaviour, repeated over time that intentionally hurts another individual or group, physically or emotionally. (One person or a group can bully others.)

Tips:

- If you see bullying, it is your responsibility to stop it or report it.
- Preventing bullying is everybody's responsibility.
- Everyone has the right to feel safe.
- Tell a teacher, parent, friend or trusted adult.
- Talk to peer mentor.
- Remember it is not your fault.
- Remember bullies need help – telling gets them help.
- Treat others as you would like to be treated.
- Never share any passwords.
- Change safety settings on social media sites so only friends can see your information.
- Don't give out personal information
- Do not give into peer pressure.
- Be proud of being you.
- Be respectful and celebrate our differences.