

Be friends **NOT** bullies



BULLYING

**IT WON'T
END
UNLESS
WE DO
SOMETHING
ABOUT IT**

It's not nice being bullied:

- Don't use nasty names
- Don't make rude comments
- Don't put down people
- Don't make people feel bad
- Don't exclude people
- Don't tell lies or spread rumours
- Don't threaten people on the phone or internet
- Don't hit, kick or shove people around
- Don't threaten people in a sexual way
- Don't force people to do things they don't want to do



What can we do about it?



- Talk to someone that you trust; family, friends, staff, Key-Worker, Supervisor, an Advocate or Police
- Hold the anger. Don't get physical.
- Ignore the bully and walk away
- Avoid being alone
- Build your confidence
- Find your (true) friends

