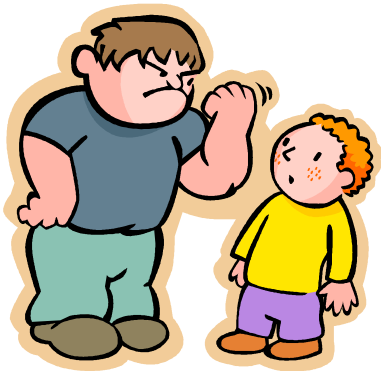


I'M BEING BULLIED



Bullies find lots of different ways to upset people.

It doesn't have to be hitting and kicking.

Bullying can be teasing, whispering, spreading rumours about people or leaving them out of groups on purpose.

The below clues will help you spot some of the signs of bullying.

1. Punching and kicking
2. Calling names, staring and whispering
3. Picking on the same people again and again
4. Leaving someone out of a game
5. Taking or hiding things from someone on purpose
6. Threatening to hurt you if you tell anybody

What can you do?

There may be times in your life when you are bullied. Remember it's **NOT** your fault. You **DO NOT** have to put up with it.

Beat the bullies in five easy steps:

1. **Say no, mean no** – if you don't want to do something, tell the bullies no and mean it.
2. **Stay cool** – don't lose your temper. A bully may upset you but don't rise to it. Stay calm.
3. **Walk away** – walk away and find a friend, teacher, an adult you can trust or your mum or dad and tell them what has happened.
4. **Make new friends** - real friends won't upset or hurt you. Try making new friends who you are happy to play with.
5. **Tell someone** – if you are being bullied you must tell an adult. Don't keep it to yourself. The adult could be a teacher, your mum or dad, a relative or a family friend or someone you trust.