

Anti-bullying

What is Bullying?



Bullying is when someone keeps doing or saying things to have power over another person.

Lying

Rumours

Leaving somebody out

Teasing

Name calling

Stealing

Pushing

Damaging property

Kicking

Hitting



These are all ways of bullying.

Why are some people bullied?



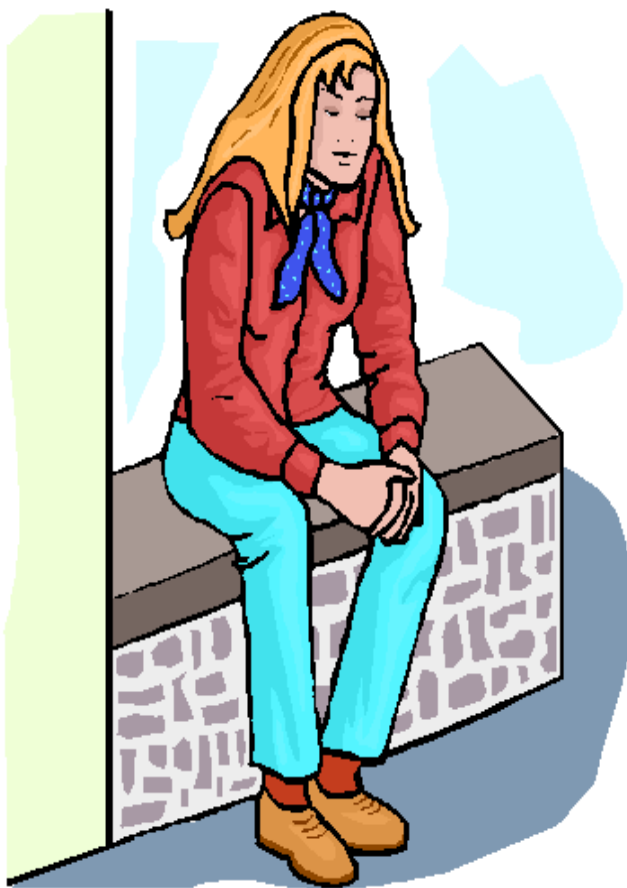
Some young people are bullied for no particular reason, but sometimes it's because they are different in some way - perhaps it's the colour of their skin, the way they talk, their size or their name. Sometimes young people are bullied because they look like they won't stand up for themselves.

Why is bullying harmful?




Some people think bullying is just part of growing up and a way for young people to learn to stick up for themselves. But bullying can make young people feel lonely, unhappy and frightened. It makes them feel unsafe and think there must be something wrong with them. They lose confidence and may not want to go to school any more. It may make them sick.

What can you do if you are being bullied?



Coping with bullying can be difficult, but remember, you are not the problem, the bully is. You have a right to feel safe and secure.



No one
deserves to
be bullied.

What can you do if someone else is being bullied?



If you see someone else being bullied you should always try to stop it. If you do nothing, you're saying that bullying is okay with you.

It's always best to treat others the way you would like to be treated.

You should show the bully that you think what they're doing is stupid and mean. Help the person being bullied to tell an adult they can trust.

Are you a bully?



Have you ever bullied someone else? Think about why you did it and how you were feeling at the time. If you are sometimes a bully, try to find other ways to make yourself feel good.

Most bullies aren't liked, even if it starts out that way. Remember, it's best to treat others the way you would like to be treated.

A bully is someone who continues to do something **deliberately** with the **intention** of making someone else's life **miserable** and **feel bad** about themselves.

**We must learn to live together as brothers
or we will perish together as fools.**

Martin Luther King



Join us in a prayer...
Please bow your heads.

- Thank you for providing us with so many people that will listen to our problems.
- We are grateful for all the help we are given if we feel we are being bullied and thank you for helping those who have difficulty in understanding the feelings of others.
- Peace be with you.

Song