



Bullying



What is bullying?

Bullying can come in many shapes and sizes. It can be physical like hitting and shoving people or stealing and breaking things. It can also be verbal like teasing or name calling and even social by excluding people or starting rumors.

Bullying can happen anywhere, online, at school or even at home. The most important thing to remember is that it is never your fault.



► What to do if I'm being bullied?

Bullying is something very serious that tons of kids go through every single day all around the world. If you're being bullied be sure to tell a trusted adult, don't be scared of the bully or of being called a tattletail.



Physical

If you're being bullied physically, then the best thing you can do is to try to avoid them. For example, if you know they hang out around a specific place then don't go near that area or at least don't go alone, bring a friend with you!



Verbal or Social

If someone is teasing you, calling you names, starting rumors about you etc. then you need to remember that this kind of bullying is just as serious as

physical bullying. An important thing to remember is that you shouldn't respond with anger but don't stay silent. Be careful and don't say anything you might regret later. Try your best to get out of the situation quickly.

Cyber Bullying

Sometimes the bullying doesn't happen in person but online. Maybe someone starts a rumor about you online or makes mean jokes about you. This is called cyber bullying, and it isn't always people you know, sometimes you can be bullied by complete strangers on the internet.

So the best way to protect yourself is to never talk to strangers online and if anyone is making you feel unsafe or uncomfortable block them immediately and let your parents know!

