

## Steps to stop harassment & bullying

3. Ask the person to stop

4. Ask the person to stop in a **stronger** voice

2. Walk Away

5. Tell the teacher

1. Ignore



Make a stand against  
bullying!

## No Bullying

No one should bully

No one at all

We don't want bullying at  
Edwardstown school

So don't be a bully

It's really bad

It might seem funny

But it makes people sad

This is what we want to say

We should all do something  
kind everyday

Then our school will be full of  
laughter

And we will all live happily ever  
after

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**Make a Stand Against  
Bullying!**

**STOP  
BULLYING  
NOW!**  
TAKE A STAND. LEND A HAND.



Respect

Care and Compassion

Doing Your Best

## Kinds of Bullying

### What is Bullying

Bullying is when someone repeatedly picks on another person again and again and tries to make them feel bad. They say or do many mean and hurtful things, make fun of them, tries to stop them from joining in or encourages others to exclude them even after they have been asked to stop.



### Physical Bullying

Contact with somebody that involves hurting or touching them.

### Verbal Bullying

Saying rude things and calling someone mean, hurtful names.



### Emotional Bullying

Excluding or giving someone a hard time. This can include name calling, humiliating and intimidation.



### Cyber Bullying

Teasing or hurting people using digital devices and not to a persons face.

### If you were bullied what could you do?

- Tell the bullies to **STOP!**
- Walk away
- Get friends to help
- Tell an adult

### What could you do if you see someone being bullied?

- Tell the bullies to **STOP!** or leave the person alone
- Help the victim to seek assistance
- Get a teacher to help

### What will happen if you bully someone?

- Work with the principal or teachers to help you repair the damage done by your bullying.

This may also include:

- Talking to your parents
- Time out of the activity
- Suspension



### How would you feel if you were bullied?

Sad, upset, hurt, scared, uncomfortable, nervous, afraid, embarrassed or anxious.

Don't let anyone feel left out....



....be a good friend!