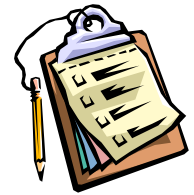


What you can do if you are being bullied...



- ✓ If it's hard to stand up for yourself, ignore the bullying and walk away...then tell someone who can help
- ✓ Talk to someone who can help:
 - an older student, your friends, classroom teacher, guidance counselor, school principal, sports coach, parents, or any adult you trust

*It really does work when you talk to someone and get help.
You may have to tell more than one person...Don't Give Up!*

- ✓ If you're scared to talk to an adult on your own, ask a friend to go with you
- ✓ Go to areas where you feel safe
- ✓ Stay close to students you can count on to stick up for you
- ✓ Look confident and tell the child who bullies to back off...bullying is NOT cool!
- ✓ Stay calm...try not to show that you are upset when being bullied
- ✓ Get funny...humour shows you're not bothered
- ✓ Be assertive, not aggressive...fighting back often makes the bullying worse
- ✓ No one deserves to be bullied
- ✓ YOU help to make your school a better place by seeking help to stop bullying
- ✓ If these tips work for you, pass them on to others

For more tips and info,
visit www.prevnet.ca