

WHAT IS BULLYING?

Bullying is when someone...

Keeps picking on you again and again

Makes fun of you a lot

Tells other kids not to be your friend

Tries to make you feel bad about who you are

Tells nasty stories about you

Keeps hitting or pushing you around

Bullying can happen...

TO ANYBODY

ANYTIME

ANYWHERE

ANY WAY

Help make our school

A BULLYING-FREE NZ SCHOOL!



**TOGETHER WE CAN STOP
BULLYING AT OUR SCHOOL**

bullying**freenz**



Helping to make our school

A BULLYING-FREE NZ SCHOOL!



Where does bullying happen?

At
school...



We stay safe by...

In other
places...



We stay safe by...

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**IF YOU SEE
BULLYING...**

Walk away
and tell
an adult

Don't laugh
and join in

Be kind to
the kid being
bullied - show
them you care

Take them
away from
the bullying

Tell them no
one deserves
to be bullied

Ask the kid
being bullied
to join in with
you and your
friends

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*Don't stand by
and let it happen!*



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Things we do in our classroom to prevent bullying:

1

2

3

4

5

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I AM BEING BULLIED

What can I do?

Get help – don't keep it a secret

Talk to someone you can trust – a teacher, parent, friend

Ignore it – walk away

Stay cool and calm

Keep safe – fighting back can make it worse

It's OK to feel scared – telling is the right thing to do

If you are being bullied, it's **NOT** your fault...

ABSOLUTELY NOT!

NEVER!

NO WAY!

NŌWHEA!



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Who can we talk to about bullying?



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BEING BULLIED MAKES YOU FEEL...

Sad

Scared

Lonely

Sick

Hurt

Angry

Embarrassed

Don't want
to go to
school

BULLYING? NOT AT OUR SCHOOL!

Speak Up

Be a
Friend

Manaaki

Tiaki

Listen

Include



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Being bullied...

How would I feel?



What would I do?



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