**WHAT IS BULLYING?**

<table>
<thead>
<tr>
<th>Bullying is when someone...</th>
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<tbody>
<tr>
<td>Keeps picking on you again and again</td>
</tr>
<tr>
<td>Makes fun of you a lot</td>
</tr>
<tr>
<td>Tells other kids not to be your friend</td>
</tr>
<tr>
<td>Tries to make you feel bad about who you are</td>
</tr>
<tr>
<td>Tells nasty stories about you</td>
</tr>
<tr>
<td>Keeps hitting or pushing you around</td>
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</tbody>
</table>

**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**
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...

TOGETHER WE CAN STOP BULLYING AT OUR SCHOOL
Together we can stop bullying at our school.

Don’t laugh and join in.

Be kind to the kid being bullied – show them you care.

Take them away from the bullying.

Walk away and tell an adult.

Tell them no one deserves to be bullied.

Don’t laugh and join in.

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

Help make our school

A BULLYING-FREE NZ SCHOOL!

Don’t stand by and let it happen!

Together we can stop bullying at our school.
Helping to make our school
A BULLYING-FREE
NZ SCHOOL!

Things we do in our classroom to prevent bullying:

1.

2.

3.

4.

5.

TOGETHER WE CAN STOP
BULLYING AT OUR SCHOOL

bullyingfreenz
Together we can stop bullying at our school

**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!**

Together we can stop bullying at our school
Helping to make our school

A BULLYING-FREE
NZ SCHOOL!

Who can we talk to about bullying?

TOGETHER WE CAN STOP
BULLYING AT OUR SCHOOL
**BEING BULLIED MAKES YOU FEEL...**

<table>
<thead>
<tr>
<th>Sad</th>
<th>Scared</th>
<th>Lonely</th>
<th>Sick</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hurt</td>
<td>Angry</td>
<td>Embarrassed</td>
<td>Don’t want to go to school</td>
</tr>
</tbody>
</table>

**BULLYING? NOT AT OUR SCHOOL!**

- Speak Up
- Be a Friend
- Manaaki
- Tiaki
- Listen
- Include

**TOGETHER WE CAN STOP BULLYING AT OUR SCHOOL**
Helping to make our school
A BULLYING-FREE NZ SCHOOL!

Being bullied...

How would I feel?

What would I do?

TOGETHER WE CAN STOP BULLYING AT OUR SCHOOL