

WHAT IS BULLYING?

ANNOYING PEOPLE ON PURPOSE AND DON'T STOP WHEN ASKED **A BULLY TELLS LIES TO EMBARRASS YOU**
HURTING PEOPLE A BULLY HURTS FEELINGS
ALSO HURTS ON THE OUTSIDE

HOW DO YOU STOP BULLYING?

BY TELLING A TEACHER BY IGNORING
THEM **BY TELLING SOMEONE YOU TRUST**

WHERE CAN YOU GET HELP?

GROWN UPS **BEST FRIENDS** **PARENTS** DINNER LADIES
TEACHER PEOPLE AROUND YOU

HOW DOES IT MAKE YOU FEEL?

SAD AND TERRORFIED UPSET **SCARED**
WORRIED **LESS CONFIDENT** LEFT OUT

**“I was so sad i cried all the time,
i stayed in and was down on my life for ages”**

nationalbullyinghelpline.co.uk bullyingbusiness.co.uk

childline.org.uk nolimitshelp.org.uk

CDYP Montage – saved in Downloads as a PDF file – more evidence.