

Stay OK at school



What are the signs of bullying?

Someone being mean to other people

Someone who loses their temper

Someone who acts without thinking about the consequences for themselves and others

Someone who ignores it when they see others being bullied

No one wants to be a bully.



Here are some helpful hints to stop bullying!

- Think before you speak or act. What will the consequences be?
- Put yourself in the other person's shoes. How would you feel?
- Learn ways to manage your anger – be assertive, but not aggressive.
- Think before you post anything online. You can't take it back, so if you wouldn't say it to their face, don't post or text it.
- Don't post anything when you are sad, tired or angry.
- Learn positive coping strategies to use when times are tough. Join a club, play a sport, write in a journal, meditate, exercise and talk to a trusted adult.
- Stand up or speak out when you see someone being bullied.
- Set daily goals such as, "I will only say nice things about people today" or "Today, I will think before I act".
- Hang out with positive, friendly people who treat you and others with respect.