

Bullying:

We can all help stop it

What are the signs of bullying? Some signs include:

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- complaining of being sick on school days
- having disrupted sleeping or eating habits
- not joining social events with other students
- acting differently than they normally do
- seeming distressed after phone, text or social media contact with others
- suddenly losing money or personal items
- coming home with torn clothes or broken possessions

What should you do if you are bullied?

* If you are bullied, you should tell a trusted adult, such as a teacher or parent.

What should you do if you witness bullying?

