

Anti Bullying !



What is bullying ?

- ◎ Bullying means any acts by a person or group of people directed against another person to ridicule, humiliate or intimidate the other person.

Violence bullying



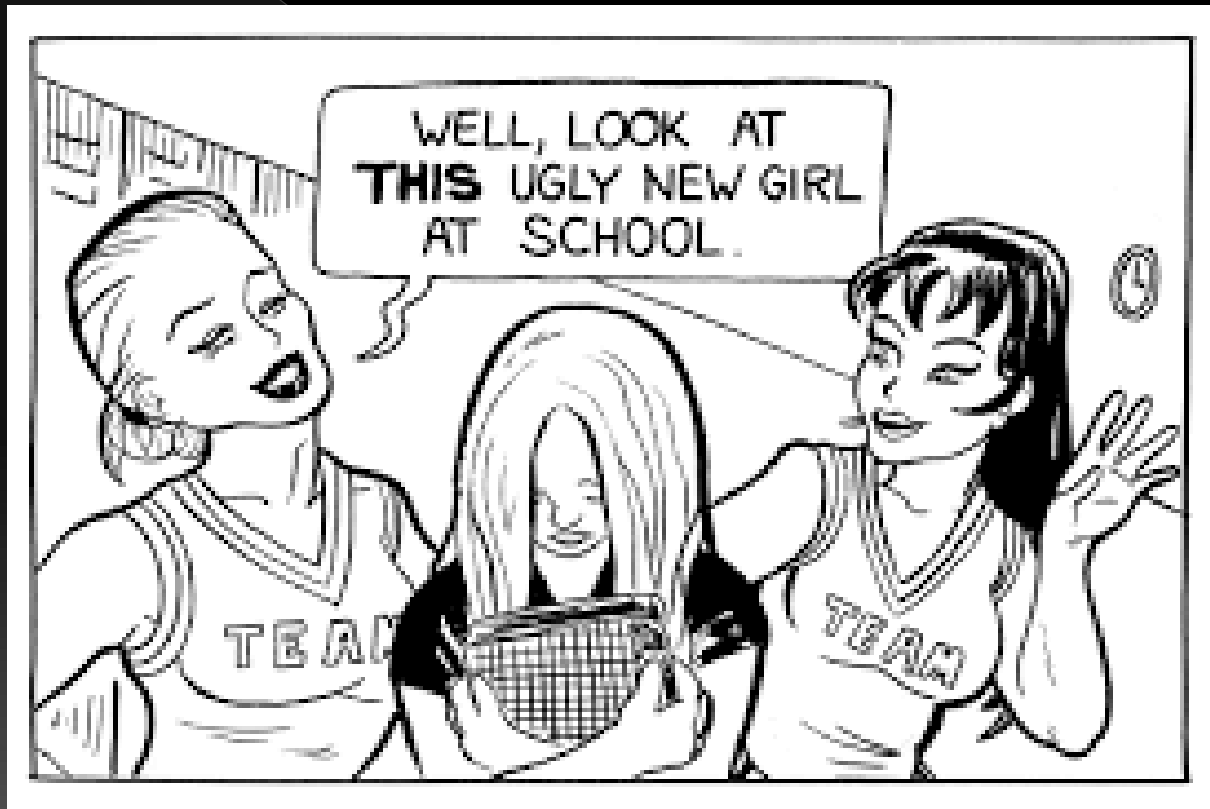
Lunch bullying



Cyber bullying



Name calling



Bullying can happen anywhere



Bullying can happen to anyone



Quote



**"BE CAREFUL WHAT YOU SAY
TO SOMEONE TODAY. BECAUSE TOMORROW
THEY MIGHT NOT BE HERE, AND YOU
CAN'T TAKE IT BACK.**

— HpLyrikz.com —

- *Wiz Khalifa*

The results of bullying

- ◎ feel disconnected from school and not like school
- ◎ have low self-esteem
- ◎ have depression, anxiety, feelings of loneliness and isolation
- ◎ have nightmares
- ◎ feel wary or suspicious of others
- ◎ have an increased risk of depression and substance abuse
- ◎ have a higher risk of suicide
- ◎ Dependence on drugs and alcohol

Self-harm



What to do if your being bullied

- ◎ Talk to your parents
- ◎ Talk to a teacher
- ◎ Tell a friend
- ◎ Tell someone what is happening. Help can be found in all kinds of places

Don't stand by and watch a bully attack !!



Be a buddy not a bully !



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