



If you feel that you are being bullied:

1. Say NO!
Ask them to STOP



2. Get away.
Walk away and ignore them



3. Tell Someone
Talk to a friend
Tell a teacher
Tell a parent



Let's talk it out 



What should I do if I see someone else is being bullied?



Tell an adult straightaway

This can be your teacher - after class or write a note 

This can be a parent - ask them to let the school know quietly if you don't want to say it.

Don't stay silent. Saying nothing means the bullying can keep happening.

The school can get involved and help to **STOP** the bullying **IF** we know it is happening.



Child Friendly Anti-Bullying Policy



Naul National School

