If you feel that you are being bullied:

Say NO! 1. Ask them to STOP

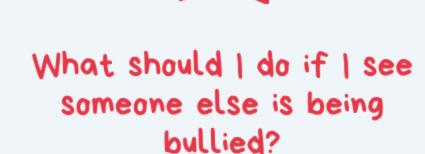


2. Get away. Walk away and ignore them

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







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.





Friendly



Naul **Nationl School**

