

!!  
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

