

What is bullying?

Bullying is when someone keeps doing or saying things to have power over another person. Some of the ways they bully other people are by: calling them names, saying or writing nasty things about them, leaving them out of activities, not talking to them, threatening them, making them feel uncomfortable or scared, taking or damaging their things, hitting or kicking them, or making them do things they don't want to do.

What can you do if you are being bullied?

Coping with bullying can be difficult, but remember, you are not the problem, the bully is. You have a right to feel safe and secure.

And if you're different in some way, be proud of it! **Kia Kaha** - stand strong. Spend time with your friends - bullies hardly ever pick on people if they're with others in a group.

You've probably already tried ignoring the bully, telling them to stop and walking away whenever the bullying starts.

If someone is bullying you, you should always tell an adult you can trust. This isn't telling tales. You have a right to be safe and adults can do things to get the bullying stopped.

Even if you think you've solved the problem on your own, tell an adult anyway, in case it happens again.

An adult you can trust might be a teacher, school principal, parent, someone from your family or whanau, or a friend's parent. If you find it difficult to talk about being bullied, you might find it easier to write down what's been happening to you and give it to an adult you trust.

What can you do if you see someone else being bullied?

If you see someone else being bullied you should always try to stop it. If you do nothing, you're saying that bullying is okay with you.

It's always best to treat others the way you would like to be treated.

You should show the bully that you think what they're doing is stupid and mean. Help the person being bullied to tell an adult they can trust.