

Bullying.....Not Cool!



Our Community—Our Commitment

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What is bullying?

Bullying is when we do something to someone else to hurt them...hurt their bodies or hurt their feelings and the reason we do this is because we think we are more important than they are. We think we're cool and they're not!

Who is a bully?

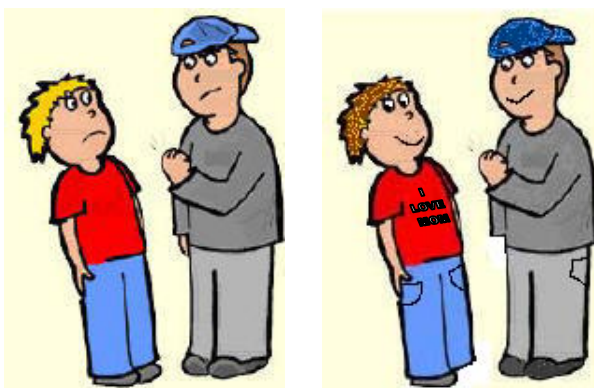
Anyone can be a bully, even you!

Who is a victim?

Anyone can be a victim.

Spot the Difference

Below you will find 12 differences.
Spot them all and show the bully who's smarter.



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How to keep from being bullied

- **HANG OUT WITH FRIENDS**
Bullies pick on kids who are alone.
- **JOIN GROUPS**
- **WALK TO SCHOOL WITH SOMEONE**
Brothers, sisters, neighbors, or friends
- **AVOID BULLIES**
If you know a kid who doesn't like you, then stay away from them.
- **AVOID PLACES WHERE BULLIES ARE**
Take different paths to school. Don't be alone in the hallways, restrooms, classrooms, or playgrounds.
- **STAY NEAR TEACHERS & GROWNUPS**
If they can see you, they can help you.
- **SIT NEAR THE BUS DRIVER**
- **DON'T BRING EXPENSIVE STUFF TO SCHOOL**
Bullies pick on kids who bring things they can take.
- **DON'T ACT SCARED**
Hold your head up, stand up straight, and don't look at the ground or your feet.

BULLIES DON'T PICK ON KIDS WHO ARE CONFIDENT



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If you're being bullied...

- Look them in the eye, and speak to them in a clear and firm voice.
- Tell them to leave you alone.
- Walk away.
- If the bully keeps on bothering you, tell the teacher or a parent.



**Be a friend
not a bully!**

Make your way through the maze, but don't run into the bully.

