

BE A BUDDY, NOT A BULLY!

What is bullying?

When someone says and does mean things to someone else, repeatedly making them feel very upset.

What should you do if you see a bully?

- Ask them to stop
- Be kind to the person they are upsetting
- Tell a teacher!



B

Be a friend!

U

Use kind words!

L

**Look for and report
bullying!**

L

**Learn to think how
the other person
would feel!**

Y

**You can stop
bullying!**