

If you are being bullied...

What Do you do?



Know that it is not your fault!



Know that YOU do not deserve it!



If you can, remove yourself from the situation.



Report bullying to an adult you trust.



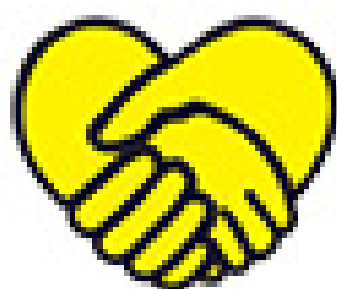
Don't respond to a bully by being a bully yourself!



Hang out with people who let you be YOU.



Use humour to deflect bullying.



you can sit with me