

# 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.

