

# A Beginners

Guide  
to

Anti-Bullying!!! Beat



the  
big, bad bullies!

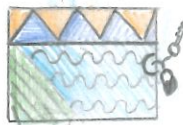
You  
wouldn't  
like  
it!



We need  
to STOP!



By Eden Taylor



## What is bullying?

Bullying is when someone harms someone physically, mentally or emotionally.

Bullying is an action.

The bully harms someone several times on purpose.

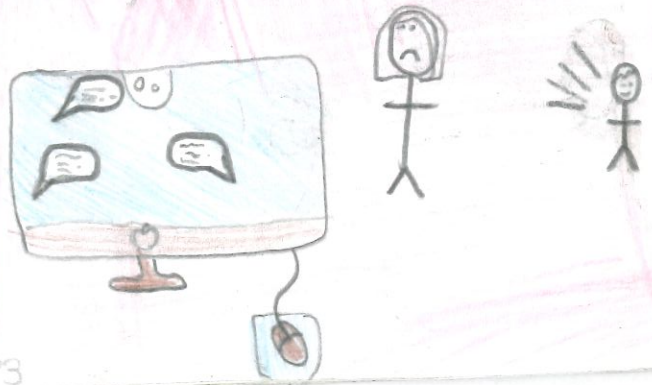
There are many ways to stop bullying.

Several  
Times  
In  
Purpose  
!!!!!!



## Types of bullying!

- There are 3 main types of bullying which include - Verbal, Physical and Cyber.
- Verbal - this is a type of bullying that is caused by people saying mean things to upset the other person.
- Physical - this is when someone harms someone using force and hurting and physically harming their body and it can cause pain.
- Cyber - this is a type of bullying that is when someone is mean to you and hurts you mentally and emotionally and it is done online.





What is the impact of bullying? Ways to stop it!

It can make them...



Tell an adult about it and they can help you.



Who can be/is a trusted adult to you?

- Mum/Dad
- Auntie/uncle
- Grandma/Grandpa
- Friend/Friend's Mum/Dad

If it is cyber bullying remember this!

Keep it



Block it



Flag it



## Handy tips?

- Save messages or emails so you have prove when you tell a trusted adult.
- If someone asks you to meet up and you're not sure tell an adult.
- If someone is saying mean things to you a lot stay away from them and report it.

**HANDY TIPS!**

P6

## Index!

harms-hurts in any way  
purpose- intentional, for a reason  
several- many times, three/four times  
annoyed- irritated, angry and fed up  
vulnerable- exposed or open and defenceless  
devastated- very upset  
prove- evidence  
report- tell and share



P7



A beginners guide to  
Anti-Bullying!!! Beat the  
big, bad bullies!

This Guide will tell and give  
you tips as well as show you  
what to do!

ARE YOU BEING BULLIED

?

READ MORE AND  
THIS MAY  
HELP!!!