

# VALLIS FIRST SCHOOL SAYS NO TO BULLYING!

## Is it bullying?

- Children keep telling you to give them money or your things
- Children keep hurting you or saying they are going to hurt you
- Children keep spoiling your things
- Children keep saying nasty things about you or your family
- Children keep sending nasty texts or writing nasty things on line.



## What should you do if you or your friend is being bullied?



SPEAK OUT  
STAY SAFE!



TELL  
SOMEONE!

 Ring ChildLine on freephone 0800 1111.