

VALLIS FIRST SCHOOL SAYS NO TO BULLYING!

Is it bullying?

It is if you feel hurt because individuals or groups are repeatedly:

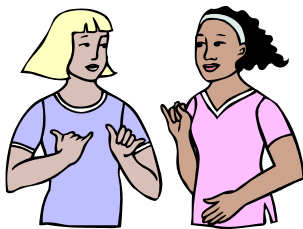
- telling you to give them money or your things
- hurting you or saying they are going to hurt you
- damaging your things
- saying nasty things about you or your family
- using text, email or web space to write or say hurtful things (cyber-bullying).



This is what we do about bullying:

- try to make sure that the person being bullied is safe and support them.
- work to stop the bullying happening again.

What should you do?



SPEAK OUT
STAY SAFE!

☎ If you find it difficult to talk to anyone at school or at home, ring ChildLine on **freephone 0800 1111**. This is a confidential helpline.



TELL
SOMEONE!