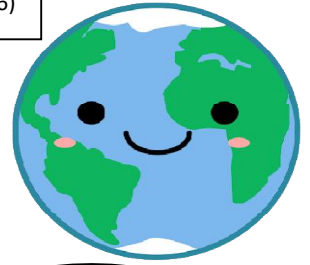


(Image 1 , 2016)



Say no

To bullying

B- Be a Friend

U- Use Kind words

L- Look and report bullying

L- Learn to use Empathy

Y- You can Stop the Bullying

(Bullying UK, 2020)

Watch out for Bullying !

(National Centre Against Bullying, 2021)

(Image 2, 2011)



Cyber Bullying - Social media, email and negative text messages.

Physical Bullying- 'Hitting, pinching ,kicking, pushing and damage to property.'

Verbal Bullying - Insulting and teasing

Social Bullying- 'Spreading Rumours pr secrets, damage to someone's belongings'

' Bully is a repeated intent to hurt someone either physically or emotionally'(Welsh Government, 2020)

(Image 3, 2010)



How to report bullying :

NSPCC - 08001111

Bullying Uk - 080880002222

Your Safety is just as important as food and water!(Allen and Gorden , 2011, P. 47)



Stop bullying! Be Kind!



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