

WHAT IS BULLYING?

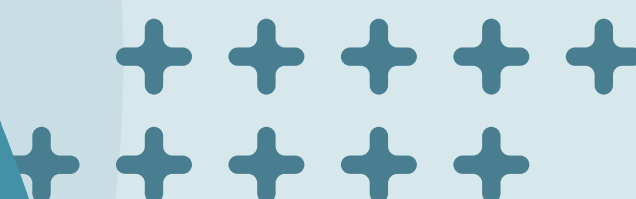
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Bullying

When someone does or says something intentionally hurtful more than once and they don't stop, even when you tell them to stop or show them you are upset.

Talk

Bullying can make you feel isolated and worthless, lonely, anxious, angry and lacking confidence. You DO matter!



If you are being bullied then please tell someone that you trust, even if the bully tells you not to.

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