

SAY NO TO BULLYING

Bullying behaviour is..

when someone keeps being mean or hurtful to others, on purpose, over and over again.

If you're being bullied, do 3 things

- **Say No**
- **Move Away**
- **Tell a trusted adult**



If you see someone else being bullied....

Tell an adult straight away
– your parent or staff in school.
Don't stay silent

Bí Cineálta!