

# IN LETS, WE SAY **NO** TO BULLYING

**WHAT IS BULLYING?** **INTENTIONAL REPEATED BEHAVIOUR** THAT **HURTS** SOMEONE ELSE. IT INCLUDES NAME CALLING, HITTING, PUSHING, SPREADING RUMOURS, THREATENING OR UNDERMINING SOMEONE - IN PERSON AND ONLINE.

If you are being bullied:

1. Say No
2. Go to a safe place
3. Tell a trusted adult

**LIMERICK**



**EDUCATE TOGETHER  
NATIONAL SCHOOL**

*Brú na nÓg*

**Tell if you see someone being bullied and offer your support**