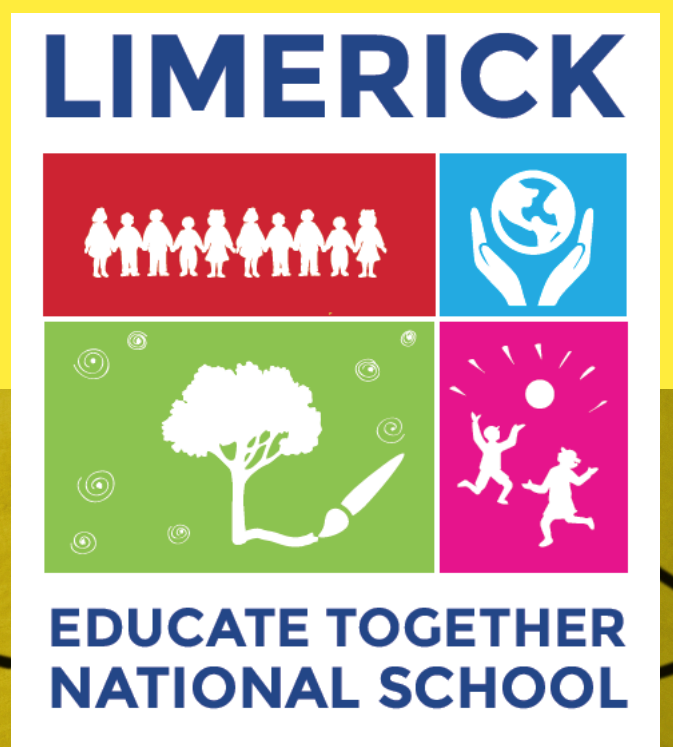


# IN LETS, WE SAY **NO** TO BULLYING

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



BI Cineálta!

Tell if you see someone being bullied and offer your support