

# Be friends not bullies

It's not nice being bullied:

- Don't use nasty names
- Don't make rude comments
- Don't put down people
- Don't make people feel bad
- Don't exclude people
- Don't tell lies or spread rumors
- Don't force people to do things they don't want to do
- Don't threaten people on the phone or internet
- Don't hit, kick or shove people around
- Don't threaten people in a sexual way



## BULLYING

IT WON'T  
END  
UNLESS  
WE DO  
SOMETHING  
ABOUT IT

## What can we do about it?



- Talk to someone that you trust; family, friends, staff, Key Worker, Supervisor, an Advocate or Police
- Hold the anger - Don't get physical
- Ignore the bully and walk away
- Avoid being alone
- Build your confidence
- Find your (true) friends