

Bí Cineálta



WHAT IS BULLYING?

Bullying is.....

...being mean to someone repeatedly and deliberately.

Bullying can be...

- physical
- mental
- verbal



Bullying...

...targets the same person over and over again.

WHAT TO DO?

- Tell the bully to stop being mean to you.
- Tell a trusted adult.
- Try to ignore them and stay away.

