STOP BULLYING

# WHAT IS BULLYING?

Bullying is the behaviour of someone who tries to harm someone else to frighten them and make themselves feel more powerful. People bully to make themselves feel better or maybe even to take out their stress on someone else.

# WHERE DOES BULLYING HAPPEN?

Bullying can happen anywhere. It can happen in school, college, university, work, in the streets and even maybe in the store.

# WHAT DOES BULLYING CAUSE PEOPLE TO DO/FEEL?

1. Bullying can cause mental health issues such as depression and anxiety.
2. It can cause someone to begin taking drugs or begin to start drinking.
3. It can cause someone to harm themselves .
4. It can cause issues with your efforts at school.
5. It can cause suicidal thoughts.
6. Someone could not eat because of bullying.

# HOW CAN YOU DEAL WITH BULLYING?

If the bullying is happening at school then tell a teacher as soon as possible or a trusted adult at home. Bullies just want a reaction so don’t give them it because if you do they will continue to take advantage of you. Try to walk away and if they won't leave you alone then stand up to them.

Bullying is never okay and it is a very serious problem which many people struggle with. If someone you know is being bullied then support them through this as it is a very difficult situation to be in. Never befriend a bully. Even if this would stop it it isn't good for your mental health and isn't a good thing to do. If you are being bullied, reach out for support and tell someone about it.