

## What is bullying?

Bullying is when someone:

- keeps picking on you again and again and tries to make you feel bad
- says or does lots of mean things that upset you
- makes fun of you a lot
- tries to stop you from joining in or make others not like you
- keeps hurting you such as hitting or punching you.

Bullying feels awful. You feel like you can't stop it.

Bullying can happen in person or online. It might be something people can see or it might be hidden.

Sometimes you might have a fight or argument with someone. If it happens once, it is not bullying even though it can be upsetting. It is also not bullying if you sometimes fight with a friend and you can sort it out.

Bullying is not OK. You have the right to feel safe.