BULLYING.
What would you do?

Stand up.
Look out for others.

Take Action Together

www.bullyingnoway.gov.au
BULLYING. What would you say?

Don’t give up. It’s okay to ask for help.

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BULLYING.
What would you say?

Your value is not determined by others.

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BULLYING.
What would you say?

Don’t bottle up your feelings.
Talk to someone.

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BULLYING.
What would you say?

You’re not alone.
Things will always get better.

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BULLYING.
What would you do?

Talk it out and try to resolve it.
Make sure a trusted adult knows what’s happening.
Get the help you need.
Tell someone you trust.
BULLYING.
What would you say?

You are important and have the right to live freely, just like everyone else.
BULLYING. What would you say?

Write down your feelings.
Tell someone, be open. Keeping it in will hurt more.

Take Action Together
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BULLYING.
What would you say?

Together, we are powerful.
Even if you’re afraid, speak out.
Talk to a friend or the school counsellor.
BULLYING.
What would you say?

I have a voice,
I can speak up.

Take Action Together