

What can I do if I am being bullied?

If you are picked on by other children, tell an adult.

Keep away from bullies and children who tease you.

Don't stay by yourself. Always walk away or play with another child.

If a bully does pick on you, tell him you don't like it. Say the same thing over and over again.

Make sure you look like someone who is not a victim.

If you see a child being picked on, try to help him or run and tell an adult.

- Stand upright
- Look people right in the eye.
- Keep your hands by your sides and not in your pockets

Talk about bullying and teasing with an adult.

Humour can help. Practice some jokes that will make you feel better.

