Bí Cineálta

Treat people as you want to be treated yourself!

Be Happy!

Make people SMILE!

Be very Kind!

Treat people as you want to be treated yourself!

Make people smile!

Anglesboro N.S. Says

Bí Cineálta

Put yourself in their shoes

Be a Buddy not a Bully!

Be very Kind!

- **B**e a friend
- **U**se kind words
- **L**ook for and report bullying
- **L**earn to use empathy
- **Y**ou can stop Bullying!

If you think that you are being bullied or someone else is being bullied, you need to tell a teacher or another adult that you trust. They will know what to do to help.

Get Help!

Tell someone!

What Bullying is?

Bullying behaviour is when someone keeps being mean or hurtful to others on purpose over and over again. When it happens a lot. Not just once.

BE KIND!