What is 'BULLYING'?

Bullying is purposely teasing, upsetting, humiliating, isolating & threatening other children.

WHAT MAKES YOU A BULLY
To pretend you are 'tough' to make out that no one can mess with you. You think it will make others like you... to be accepted into a group. To hide your own ignorance, fears and unhappiness and envy, you try to make others feel 'small'.

KIDS WHO ARE BULLIED usually feel sad, unhappy, angry, silly, embarrassed, nervous, lonely, worried and confused.

Unsafe touching
Ragging
Making fun of others

Unsafe touching
Taking away or spoiling others possessions

Name calling or unkind comments
Cyber bullying
Sending nasty sms & mms

* The above mentioned acts are all considered PUNISHABLE CRIMES under Indian Law.

If you ARE a Bully...

* Talk to someone who may be able to help you sort out these mixed feelings which are making you behave this way.

* Think about how it would feel if someone did the same to you. Always treat others the way you want to be treated.

* Remember...Bullies NEVER have TRUE FRIENDS, only other bullies.

If you are being bullied.

* DON'T GET HASSLED. Show confidence or indifference and surprise them by reacting in exactly the opposite way they expect you to.

* Never resort to violence to resolve a problem.

* Talk to an adult or a person you trust and let them know what is troubling you.