

# What is 'BULLYING'?



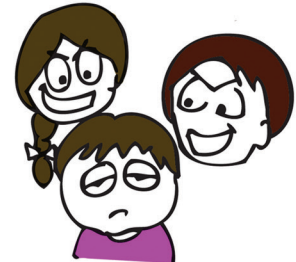
Bullying is purposely teasing, upsetting, humiliating, isolating & threatening other children.

Making fun of others



**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.



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.

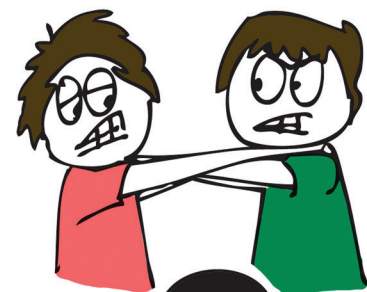


## If you are being bullied.



\* 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.

