



Say no to bullying

1. What's the word?

Write the word under the pictures.



children

feel bad

school

laughing

photos

teacher

worried

say sorry



children



2. True or false?

Read the fact file on the next page and circle true or false for these sentences.



a. Bullying can happen at school, out of school or online.

true

false

b. Hitting people and not letting someone join in are examples of bullying.

true

false

c. Bullying online is called computer bullying.

true

false

d. An adult can help you to reply to a cyberbully.

true

false

e. It's a good idea to tell an adult if you see bullying.

true

false

f. It's a bad idea to say sorry if you are mean to someone.

true

false



3. Read!

Read the fact file and complete exercise 2 on the previous page.



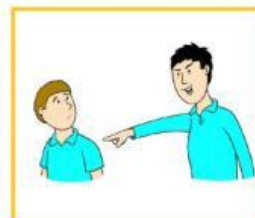
FACT FILE: Say no to bullying

Bullying can happen to me or you or anyone. Millions of children around the world are bullied every year, but there are things that we can all do to help.

What is bullying?

Bullying is when someone makes you feel bad or hurts you again and again. Bullying can happen at school, out of school or online. Bullying includes:

- calling people mean names
- laughing at people
- telling lies about people
- taking someone's things without permission
- not letting someone play in a group
- hitting people.



What is cyberbullying?

Cyberbullying happens online and includes:

- sending mean messages
- sharing photos without permission
- not letting someone be part of an online group.

What can you do?

If someone is mean to you, tell an adult that you know and like. For example, talk to a parent or a teacher. You can block a person who sends mean messages online. Ask an adult to help you. Don't reply.

Talk to your parents or teacher or an adult that you know well if you see bullying or if you are worried about a friend.



Say sorry if you are mean to someone. You can write a message or talk to the person. Think about how to be kind in the future.

We can all help to say no to bullying.

4. What do you think?

What was the most important fact about bullying? What can schools do to stop bullying? What's the best way to say sorry?



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