



Just Say No to Bullying

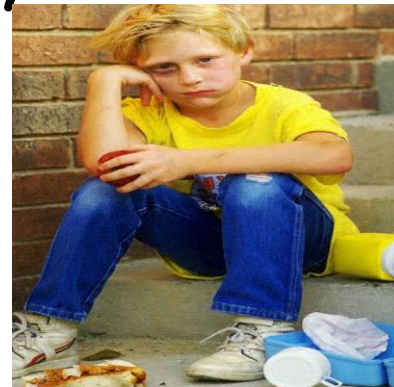
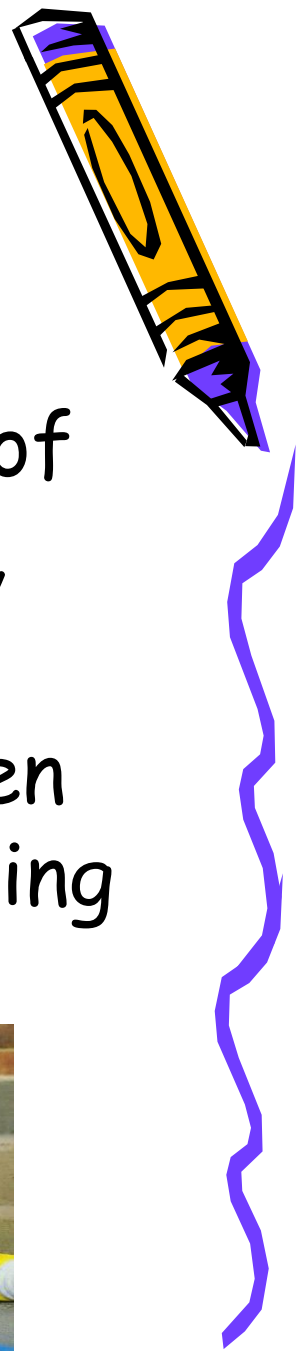
How not to be a bully or get bullied
K thru Third Grade



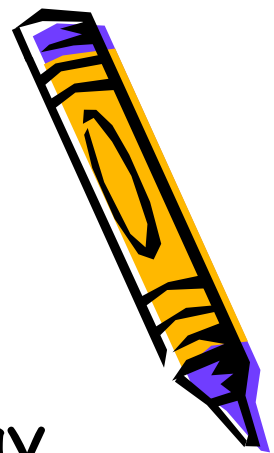
Developed and designed by Mary Jo Sampson, Director of Religious Education, St. John the Baptist Catholic Church

What is a bully?

- A bully is someone who makes fun of you to make you feel embarrassed, ashamed or scared.
- A bully is someone who will threaten or hurt you in order to get something from you like lunch money.



Things Bullies Do



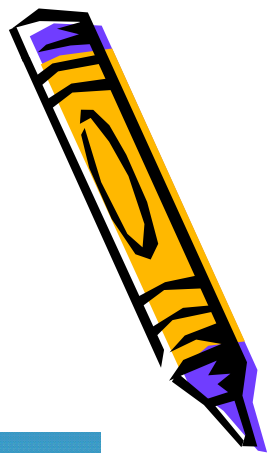
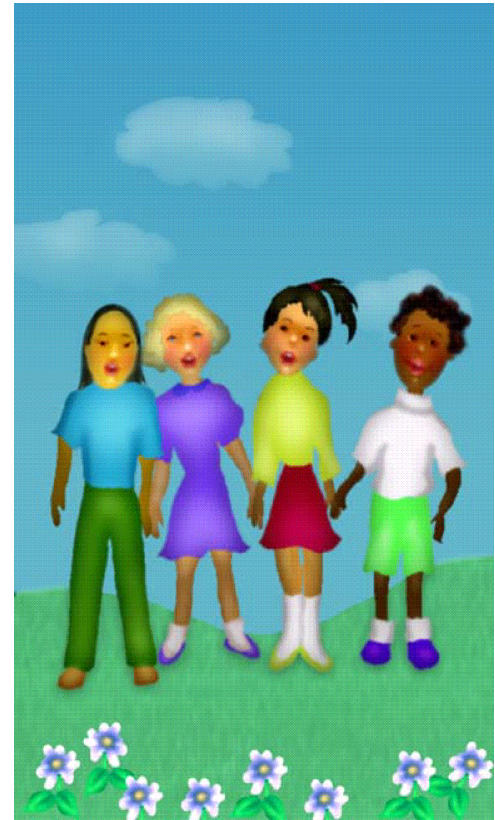
- Call you names
- Push or shove you
- Trip you
- Hit you
- Make you drop things
- Take things away from you
- Tell lies about you to get you into trouble
- Steal your things



What to do if you are bullied



Stick with friends!



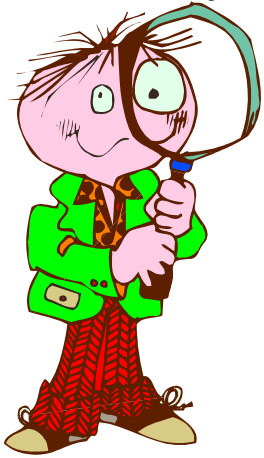
What to do if you are bullied



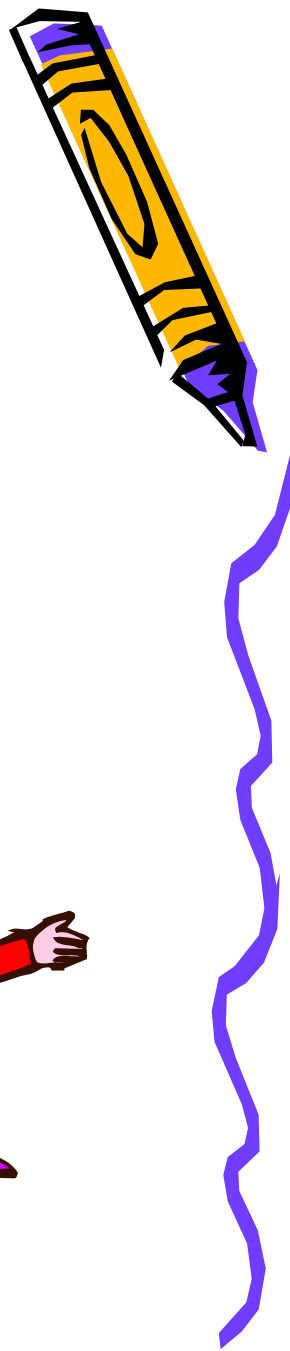
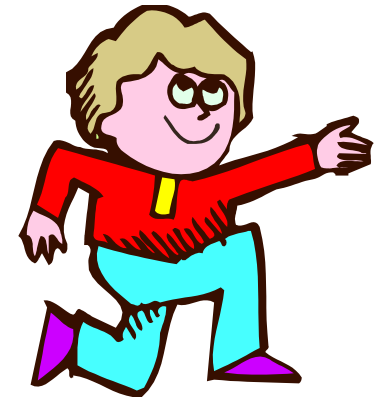
Be assertive and confident.



What to do if you are bullied



Ignore the bully



What to do if you are bullied



Agree with the bully's comments and walk away



Bully present is your signal to walk.



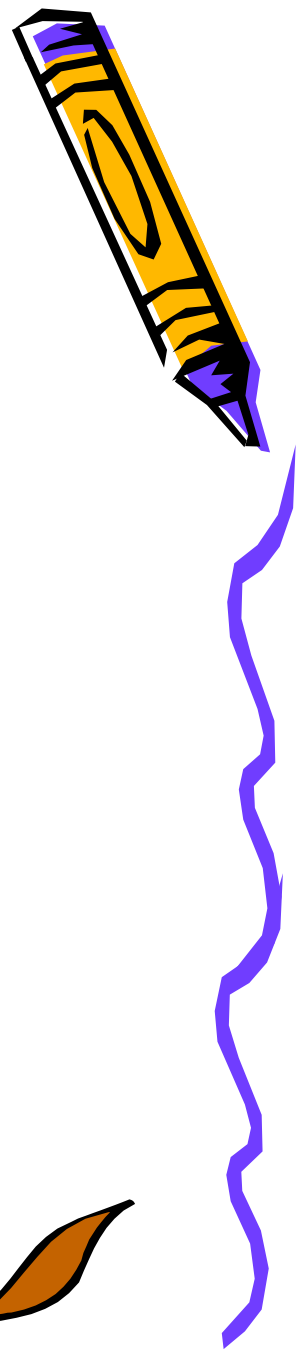
No Paybacks

Do not try to be a bully to solve problems with a bully.

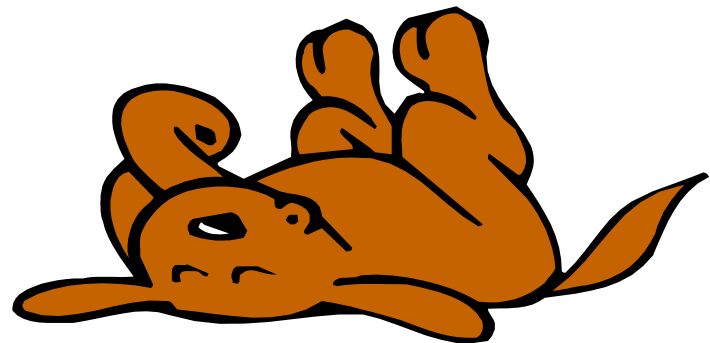


If someone else is being bullied, I will...

not just stand by and do nothing.



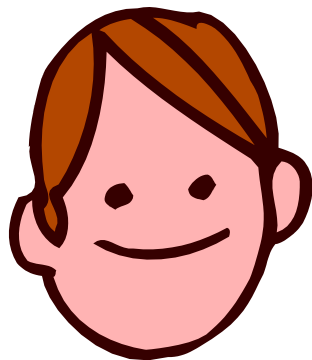
Don't play dead, bark



If someone else is being bullied, I will...



refuse to join in.

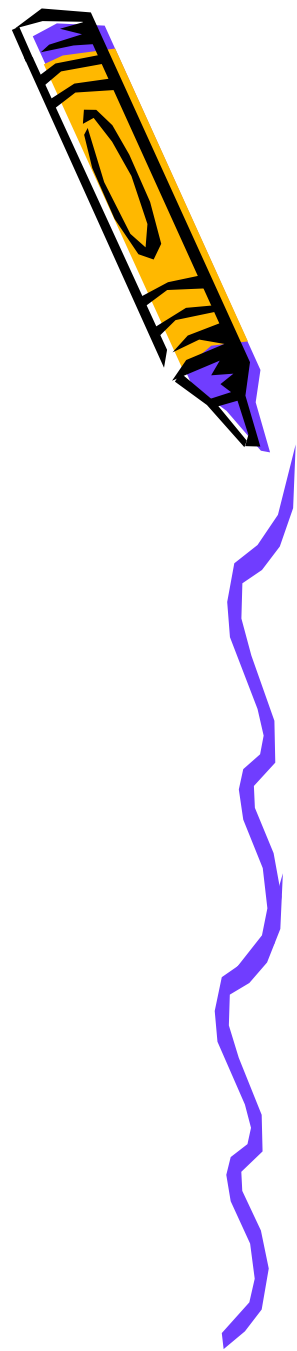
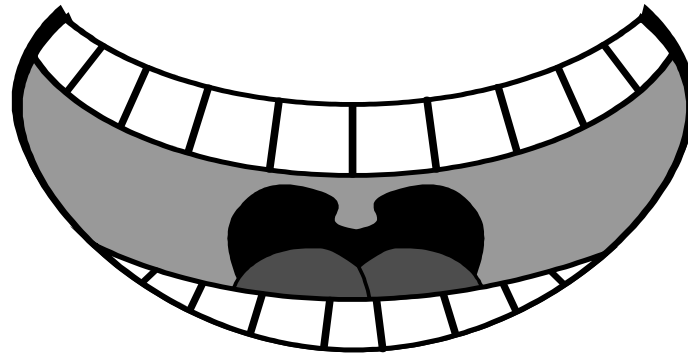


Choosing to do the right thing puts a smile on both God's face and ours.



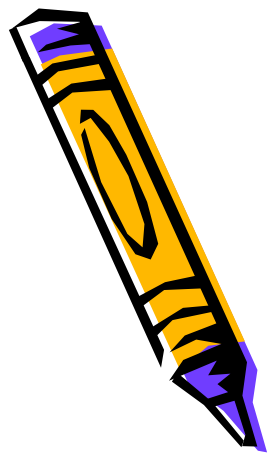
If someone else is being
bullied, I will...

Speak out.



If someone else is being bullied, I will...

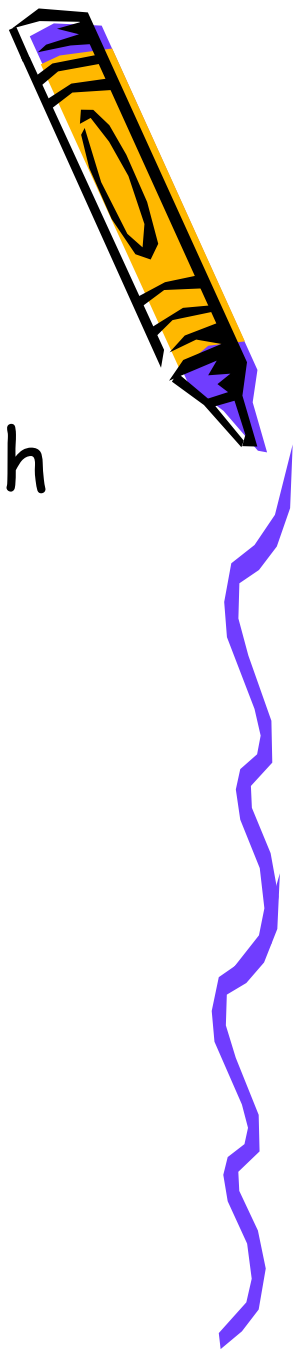
give support to the one being bullied.



Who are you going to call?



- Tell a responsible adult, such as parents and teachers.
- Don't keep it a secret.



Remember

- No one deserves to be bullied.
- Always remember that you are a child of God and He keeps us all in the palm of His hand.

