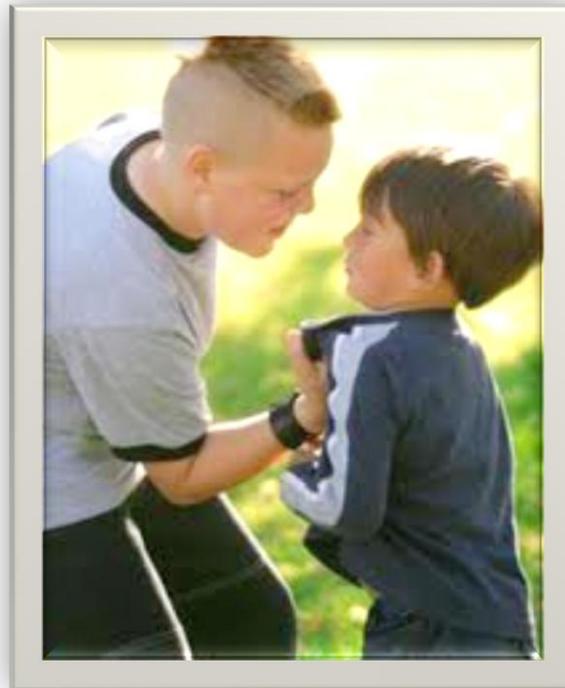


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BULLYING

Bullying is when someone does or says things to hurt other people. It can be physical, verbal or both. Some examples of bullying are making fun of other kids, saying bad things about them, threatening them, hitting or kicking them.



Some kids bully because they think it makes them look cool and popular. Others like the attention or are jealous of the kid they are bullying. Also, some children don't understand how wrong their bullying behavior is.



Children are bullied for no particular reason. Usually, it's because they are different in some way – the color of their skin, the way they talk or their name.

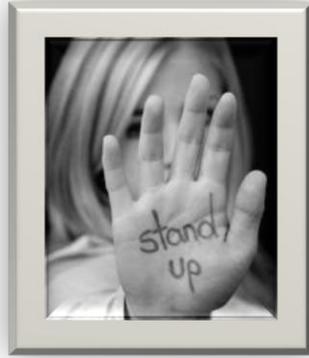


Bullying is a big problem. It can make kids feel bad and sad. They may also feel unsafe and think there is something wrong with them.



What can you do if you see someone else being bullied?

If you see someone else being bullied you should always try to stop it. If you do nothing, you're saying that bullying is okay with you. It's always best to treat others the way you would like to be treated. You should show the bully that you think what they're doing is stupid and mean. Help the person being bullied to tell an adult they can trust.



Are you a bully?

Have you ever bullied someone else? Think about why you did it and how you were feeling at the time. If you are sometimes a bully, try to find other ways to make yourself feel good.

Most bullies aren't liked, even if it starts out that way. Remember, it's best to treat others the way you would like to be treated.



Here are some ways to deal with bullying:



- Feel good about your self.
- Be proud of who you are.
- Always be with friends.
- Ignore the bully.
- Don't bully back.
- Be brave and show no fear.
- Always tell an adult.

