



**Bullying is
when someone
repeatedly tries
to hurt you**



It can be:

- Physical, verbal or social
- Easy to see or hidden
- Face-to-face or online

Bullying

What you need to know



**STOP
face-to-face bullying**

- Ignore
- Practice being calm and confident
- Say 'stop' or 'no'
- Pretend you don't care
- Tell someone
- Report at school



**STOP
Online bullying**

- Block
- Ignore
- Unfriend
- Keep evidence
- Tell someone
- Report at school

Tell your parents and tell your school.

Visit the Office of the eSafety Commissioner to learn more about reporting online bullying. If you think added support would help, call Kids Helpline on 1800 55 1800. It is free and private.

antibullying.nsw.gov.au