



IMPROVING
YOUR
SOCIAL SKILLS

HOW TO DEAL WITH A BULLY



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FEELING SAD OR SCARED?

Have you ever felt scared or sad at school because of something someone else said or did? Did it continue to happen?

Was someone in your school purposely making you feel bad? Did they continue to do it over and over again?





DID YOU KNOW?

Bullying impacts one in five students in the United States and one in seven in Canada.

ARE YOU BEING BULLIED?

Unfortunately, sometimes people can be **unkind** to each other. Students can pick on each other, call them names, and even hurt them physically.

When someone is regularly unkind to you, hurts you on **purpose** for no **reason**, and makes you feel **powerless** to stop it, you are being bullied.





BULLYING VS BEING UNKIND

Bullying is a term used to describe a situation where someone is hurt, scared, or embarrassed by another person's words or actions. It happens more than once, and victims feel like they cannot stop it. Bullying is meanness that happens often and on purpose.

It's important to know and understand the difference between bullying and being unkind.

Kindness means someone goes out of their way to make people feel good.

Bullying means someone goes out of their way to make people feel bad.





DID YOU KNOW?

There are four types of bullying: verbal, social, physical, and cyber.