

HAVE YOU EVER BULLIED ANYONE?

If you think you might be bullying someone...

be honest with yourself!

Sometimes we are just having a bad time and we take it out on someone else!

If you are feeling bad about something and it's spoiling your friendships, maybe you could ask someone you trust to listen to your worries.

SORT IT OUT

- Teachers, school counsellors and other staff are there to help you
- They won't get you into trouble, they'll help you sort it out
- It's much better to talk to someone than to bottle things up till you explode

Whatever is going on, talking about it is a brave thing to do - and the best thing to do too!



We've all felt jealousy or anger towards other people before. These are normal feelings, even if people don't like to admit to having them very often. Try telling a friend or a parent and ask them if they've ever felt the same? You bet they have!