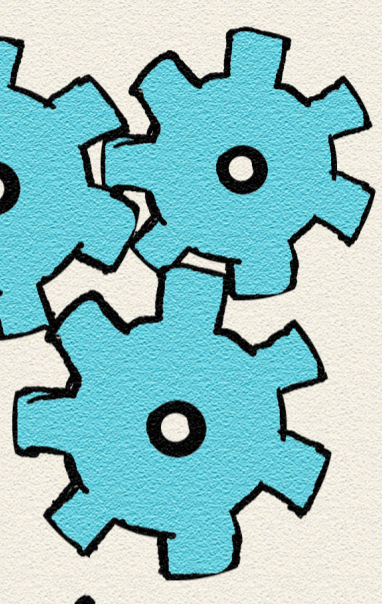


Do this in a bullying situation

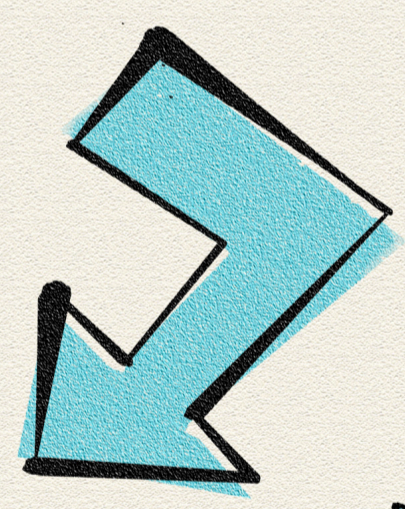
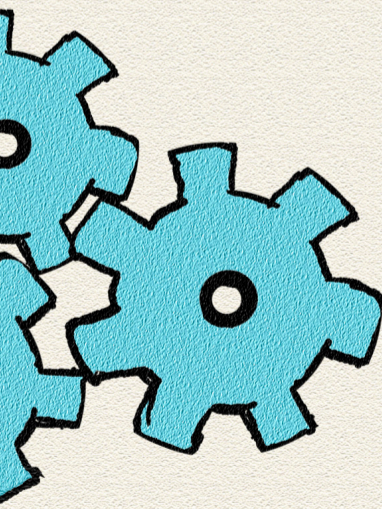
For the student

- Be fair: if I notice bullying or other inappropriate behavior, show your support for the bullied, for example by listening and giving time to them.
- Seek help and require staff to intervene.
- Also let me know if someone else is being bullied.
- Also let an adult know if you have encountered bullying online. Keep any evidence, such as social media, text, and e-mail messages.
- Tell your parents.
- Remember, bullying is in no way your fault



Did you know that:

- No one should have to put up with bullying or violence.
- The staff of the educational institution must always intervene in bullying.
- When you need help, you can contact not only the teacher and principal, but also the psychologist, curator, public health nurse or doctor of the educational institution.
- You can also report bullying to school staff by using a social media message or an anonymous notification form.
- Everyone has the right to safe schooling and physical integrity.



"Bullying hurts. Remember, you are important and valuable just the way you are."