

Bí Cineálta!

Bullying makes us feel scared, lonely, embarrassed, excluded and sad.

Here's what we can do about it!

Talk to a parent

Talk to a teacher

Talk to a trusted friend

Write it in the bullying survey

Get help!

Tell someone!

Include
Everyone

Be a
Good friend

Stay safe
online

Use kind
Words

Be an
Upstander

Bullying behaviour is when someone keeps being mean or hurtful to others on purpose over and over again.



