



Signs that Someone is Being Bullied

- Act differently than normal
- Seem anxious
- School work suffers
- Illness diarrhea, headaches
- Can't concentrate
- Not eating/or eating more than usual
- Not sleeping or sleeping too much
- Moodier
- Easily upset
- Avoid certain situations—like the bus

Bully Survival Tips

- Ignore the bully and walk away
 - Block them from the internet
 - Don't get physical
- Hold your anger at the moment, go talk to someone
 - Practice confidence
 - Take charge of you life
- TALK ABOUT IT—find a trustworthy adult that can help!!
 - Find true friends