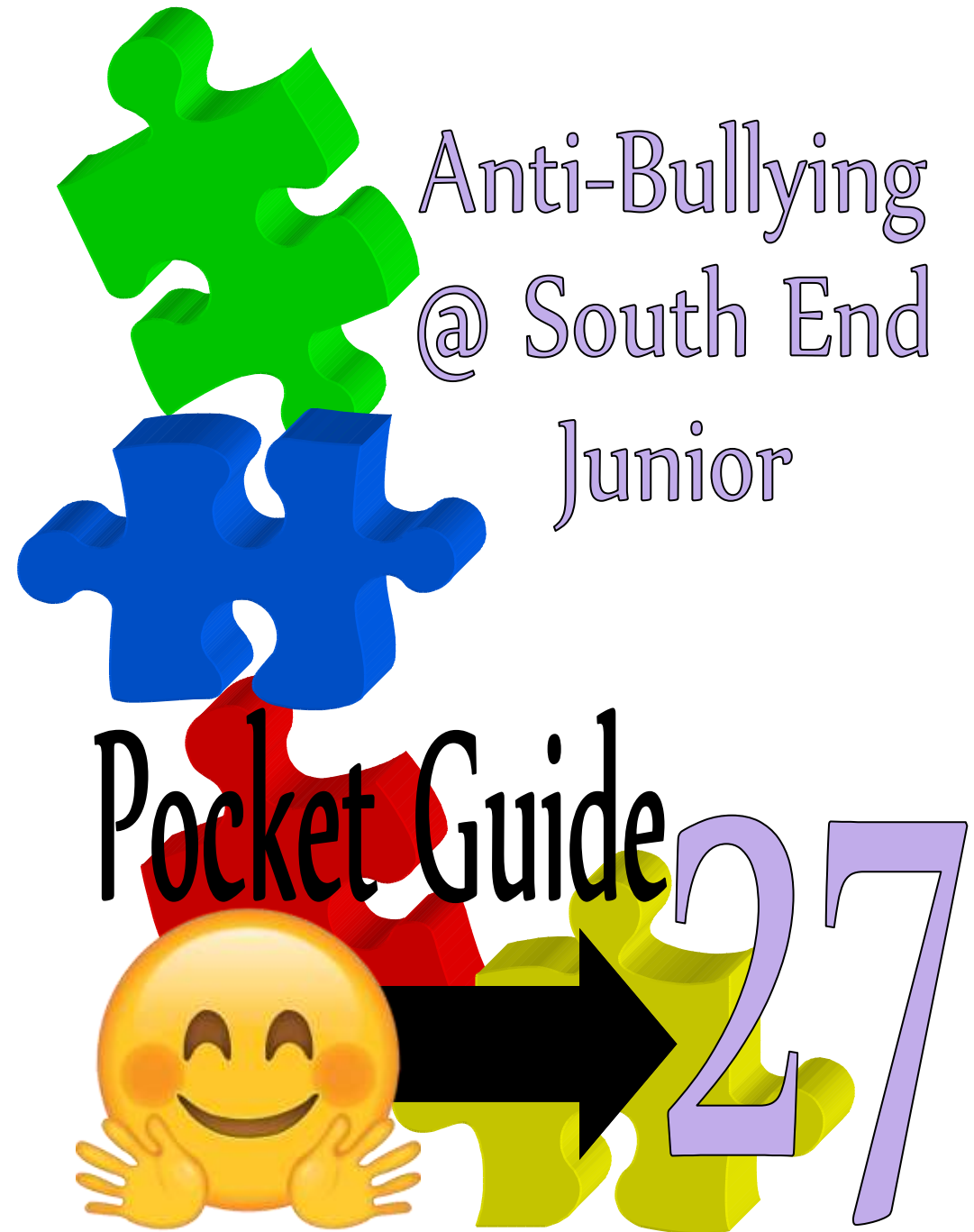


## At SEJ we will:

- Make sure everyone feels safe
- Allow people to talk and share their feelings
- Make sure that worries or concerns are dealt with as efficiently as possible



Designed and created by the SEJ Junior Leadership Team



## What is bullying?

### Several Times On Purpose

Bullying can happen in a variety of forms but is something that will happen over and over again. This might be someone hurting you physically or verbally or online. An individual or a group of people can be bullied or bullying. Even friends can begin to bully each other. If this only happens once, it is not bullying.



## What should I do if I am being bullied?

Try to walk or run away from the situation. Remember not to retaliate as this could make things worse.

### Start Telling Other People

If you think you or a friend is being bullied it is important to tell an adult you trust. If you are worried about speaking out loud, then write it down. Use the buddy bench on the playground or the letter box on the healing bridge. All worries will be taken seriously.

**STOP  
BULLYING**

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**STAND UP. SPEAK OUT.**