Pink (GREEN) Shirt Day 2022



What Is Bullying?



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Do you know what bullying is?

Bullying is hurting someone else on purpose. Bullying is something that happens over and over again.

Bullies can hurt people in lots of different ways. You can be hurt on your body or with nasty words.



Different Kinds of Bullying

Physical bullying is pushing, hitting, pinching or kicking someone.

It can leave marks or bruises and people might see it happening, but it can be hidden underneath clothes.



Verbal bullying is calling someone names, saying nasty things or even pretending you are going to hurt someone.

Verbal bullying is not always easy to see. It can be done secretly and does not leave marks. It hurts people's feelings and is





Cyberbullying

Cyberbullying is when people use email, photos, videos or text messages to make someone feel sad.

It can be one person or a group of people.

It can be scary for the person who is being bullied.

Make sure you know how to

stay safe online



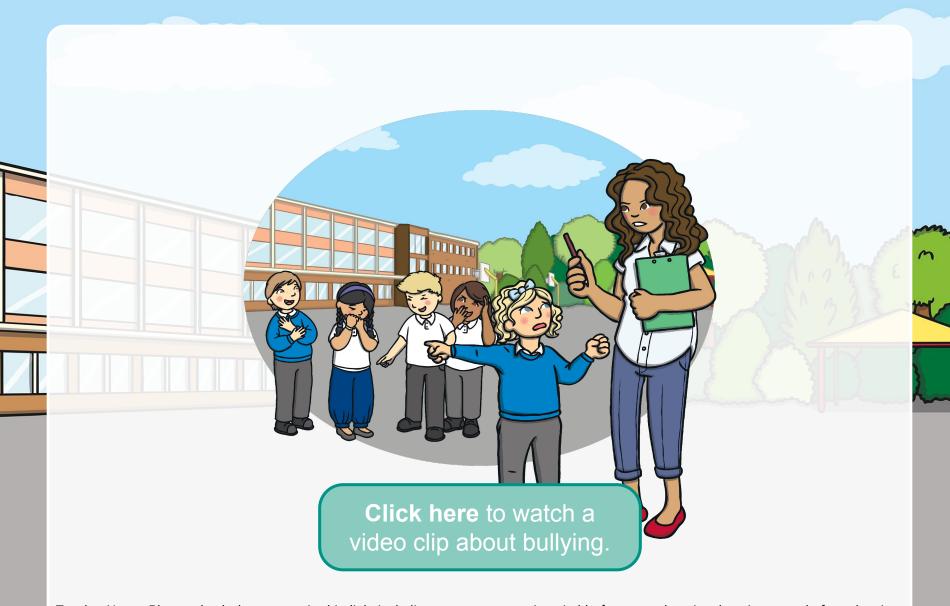
Indirect Bullying

Indirect bullying is:

- leaving people out of games;
- talking about them when they are not looking;
- telling nasty stories about them;
- standing by and watching bullying happen.

It is **just as hurtful** as other kinds of bullying.





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What Can You Do?

If you see bullying, you can:

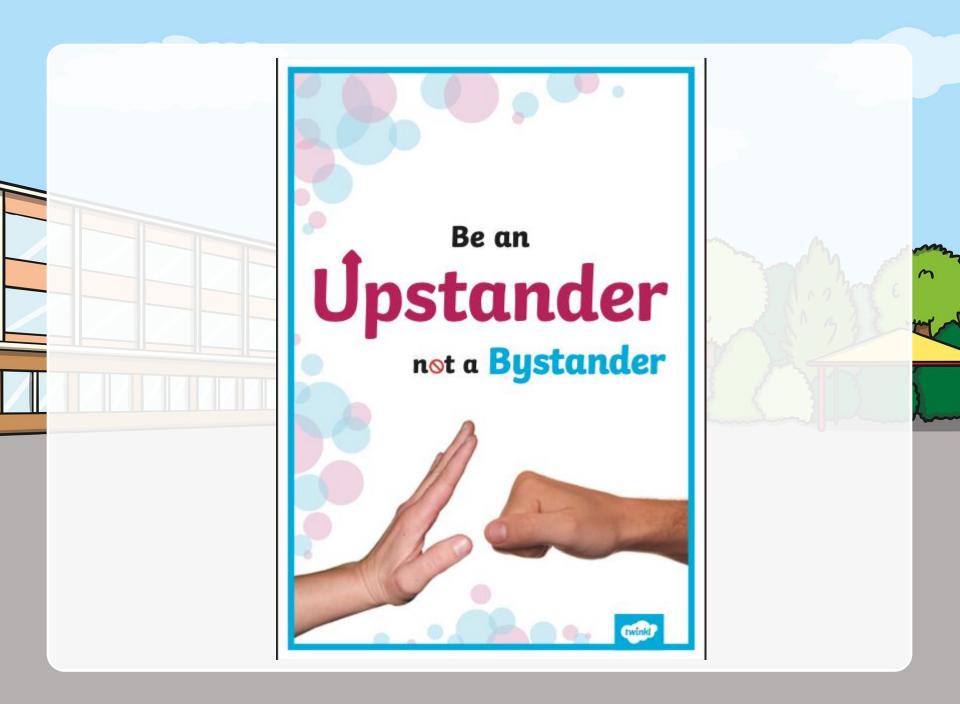
Tell someone you trust - a parent, teacher, older relative. They will make sure it's dealt with properly.

Be kind to the person being bullied. Someone who is being bullied can feel alone, sad and scared. Smile, talk to them or include them in something.









Classroom Activities



How would you respond in an anti-bullying way to each of these situations?

Sam and Didi are on the playground. Amrit wants to play with them. Sam says, "Nope! We don't like your glasses. You can't play with us."



How would you respond in an anti-bullying

way to each of these situations? Your friend told you not to play with the new student, Zara.



How would you respond in an anti-bullying way to each of these situations?

Jillian pushes Samuel down on the ground because he cut her in line.



How would you respond in an anti-bullying way to each of these situations?

Arjun grabs Kaiden's backpack on the bus and encourages his friends to play "keep away from it" from Kaiden.



How would you respond in an anti-bullying way to each of these situations?

Every time Jana walks by Hanna's desk, Hanna tries to trip Jana.



How would you respond in an anti-bullying way to each of these situations?

You walk home with your friend Dana every day. Every day, kids from the other class yell mean names at Dana.



How would you respond in an anti-bullying way to each of these situations?

Adrian loves to do things that some of the other children in his class call "weird."



How would you respond in an anti-bullying way to each of these situations?

Zoya takes Owen's snack from him every day.



How would you respond in an anti-bullying way to each of these situations?

Andy whispers rude names under his breath to all of the kids that don't speak English every time they speak during class.

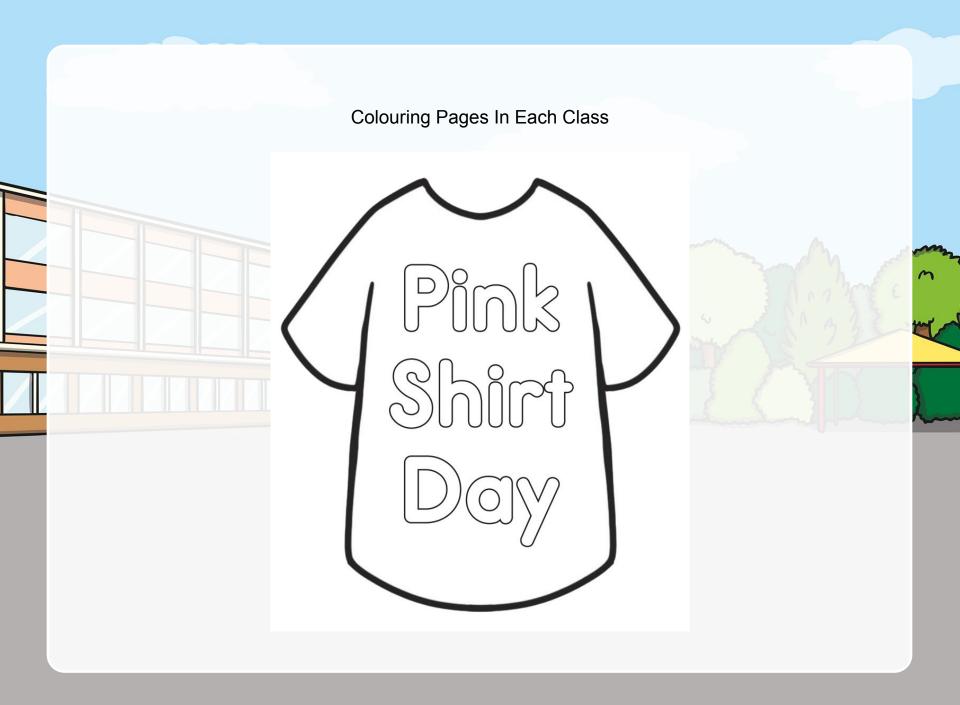


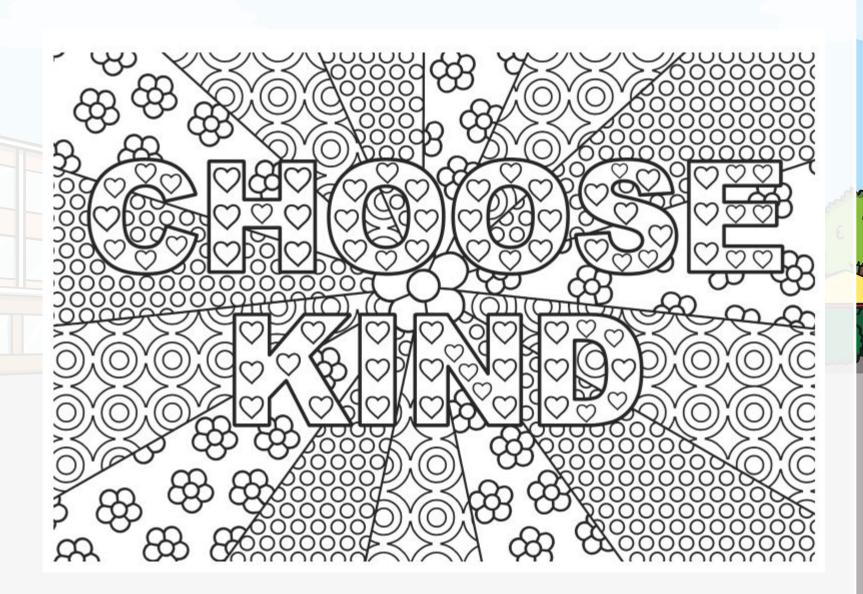
Anti-Bullying Responses

How would you respond in an anti-bullying way to each of these situations?

Mark threatens Ian that if he doesn't bring him all of his Pokémon cards, he's going to beat him up.







All Different, All Equal

