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### **Bullying is**

- *Physical*, such as hitting or pushing
  - *Verbal*, such as teasing, name-calling or threatening
  - *Social*, such as causing someone to be left out or rejected by others
  - *Cyber*, such as saying something mean to or about someone else on-line
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## Our School Rules will stop bullying

- We will not bully others
- We will try to help those who are bullied
- We will include others
- We will tell an adult when someone is being bullied

Remember:

Seeking help is not snitching!



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