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
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!