

Handling Teasing/ Bullying

It is important to understand the differences between friendly teasing, hurtful teasing, and bullying. Bullying is when someone repeatedly tries to hurt someone's feelings and is harmful to a person's mental and physical well-being.

There are 4 kinds of bullying:



What to do if you are being bullied:



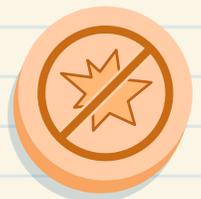
Get help by telling a trusted adult.



Don't blame yourself—it is not your fault!



Surround yourself with friends and people that make you feel good.



Don't retaliate.