## THIS SCHOOL IS A BULLY-FREE ZONE

## WHAT IS BULLYING?

Bullying occurs when an individual or group repeatedly and intentionally causes hurt or harm to another person or group of people who are vulnerable.

## Bullying is:



Recurring



Persistent



Power-related

## IF YOU SEE BULLYING:



Whether you're a witness or a victim of bullying, try your best to remember what happened, who was involved and how it made you feel.



Tell someone about it. If you're not comfortable telling someone in person, report the incident using one of our hotlines:

CALL:

**OR VISIT:** 

