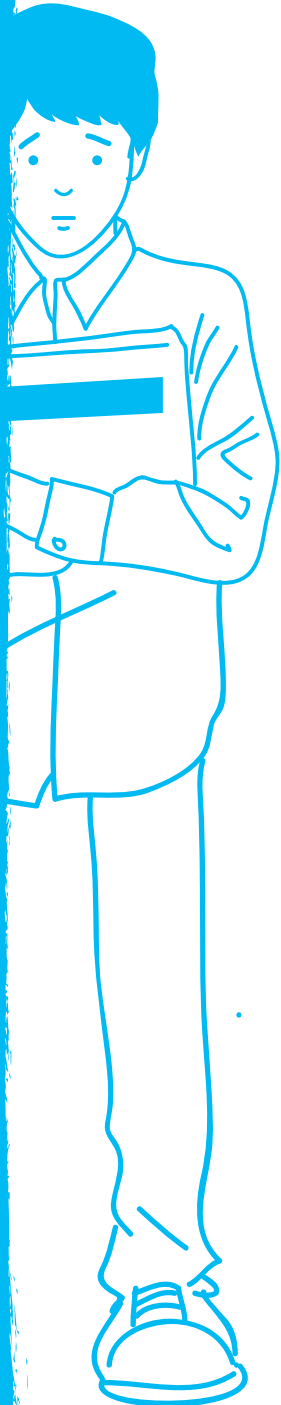


# HOW TO COPE WITH BULLYING

## AS STUDENTS



- 1 Remember that **you are not the problem**, the bully is
- 2 You have **the right to feel safe and secure**
- 3 Instead of ignoring the bully, **tell them to stop** and walk away whenever it starts
- 4 **Always tell an adult you can trust.** You have the right to be safe and adults can do the things to get the bullying stopped
- 5 Even if you think you've solved the problem on your own, **tell an adult anyway** in case it happens again
- 6 An adult could be anybody you can trust or feel comfortable talking to. If you find it difficult to talk about being bullied, you might find it easier to **write down what's been happening to you** and give it to an adult you trust
- 7 If you see a bullying incident happening, **do not keep quiet.** Instead, tell an adult about what you witnessed
- 8 You are **not wrong to report** a bullying incident
- 9 If you **witness a very serious** bullying incident, report to the nearest adult

SOURCE FROM:



#STAND  
TOGETHER

CAMPAIGN PARTNERS & SPONSORS:

R.AGE

Setia

Star  
MEDIA GROUP