



Stop a bully

Safe & anonymously

Describe a situation that bothers you:

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Name: _____
Class: _____
(optional)



Anti-bullying contract

I promise to ...

- >stop a hurtful rumour whenever I can.
- >report to an adult a bullying behaviour or action.
- >not be a bully or a bullying bystander.
- >respect all students and teachers.
- >respect other students' belongings.
- >always treat others the way I want to be treated.

I agree to be an ACTIVE
participant in preventing
bullying.

Signature:



Say



to bullying



'Different but equal' Project
Astoria International School

What is bullying?

Bullying is an unwanted and aggressive behaviour. It involves power imbalance. Aggressive acts repeat. Bullying can include threats, rumours, physical or verbal attacks, etc.

The bully is more powerful and intends to cause fear and/or harm the victim.

There are different types of bullying: verbal, physical, social, cyber, sexual, economical, etc.



Be a **buddy**, not a bully!

Signs

Psychological:

- Refusal to go to school or avoidance.
- Grades are lower.
- No or only a few friends.
- Often sad, crying, lonely.
- Under stress for no obvious reason.
- Bad behaviour towards parents.
 - Nightmares.
 - Self-harm.

Physical:

- Often headaches.
- Vomiting.
- Lack or increased appetite.
 - Defensive pose.
 - Ruined school supplies.
 - Dirty or torn clothes.
- Unexplained bruises, scratches, and marks.



Be a rock star
at kindness.



What can I do?

Refuse to be an audience for a bully.

Do not laugh while someone is being picked on.

Do not participate in gossip.

Do not use the internet to hurt someone.

Ask for help.

Say positive things about people.

Smile to people.

Be kind.

