Whakanuia Tōu Āhua Ake ! Celebrating Being Us !

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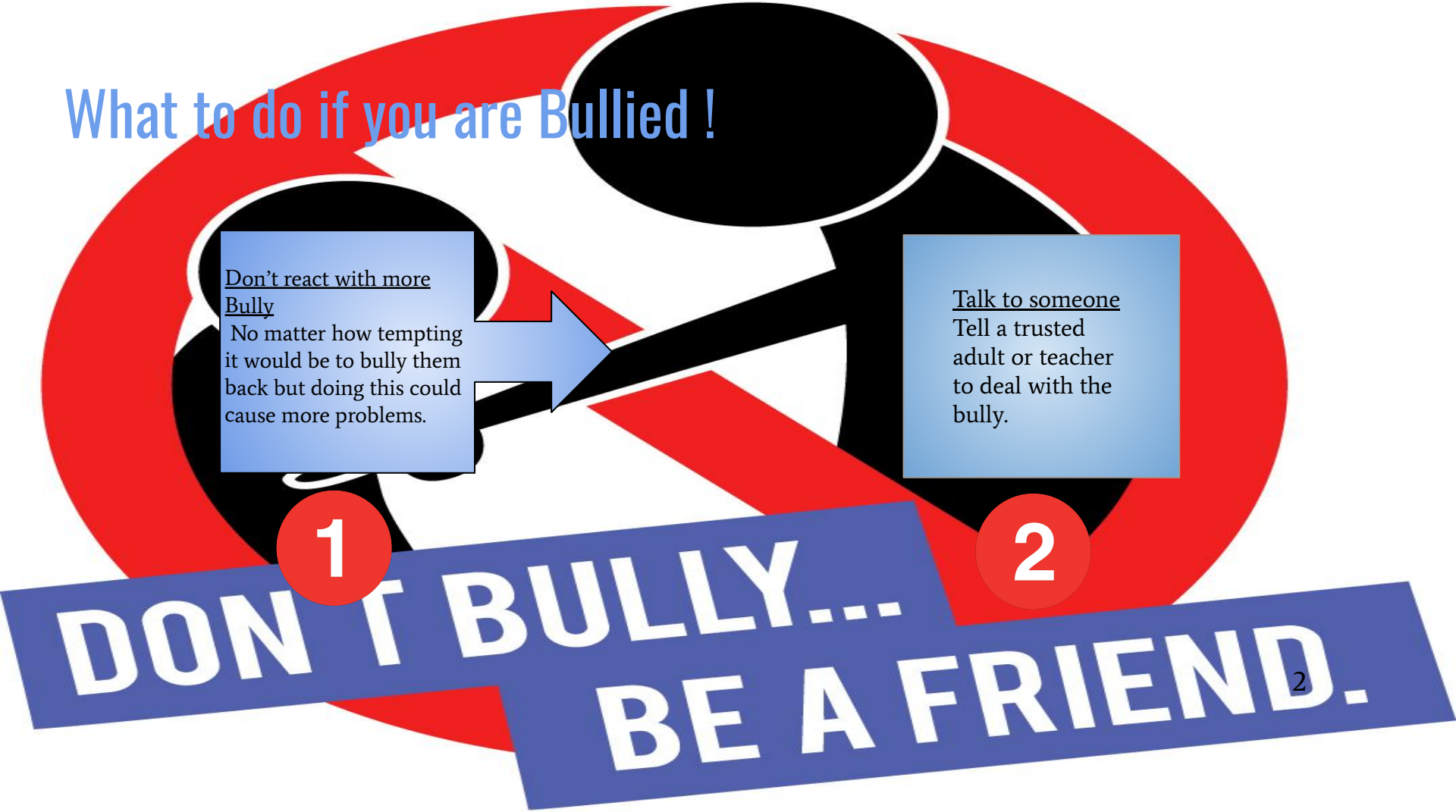
What to do if you are Bullied !



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<u>Don't react with more Bully</u>

No matter how tempting it would be to bully them back but doing this could cause more problems.

2

<u>Talk to someone</u>

Tell a trusted adult or teacher to deal with the bully.

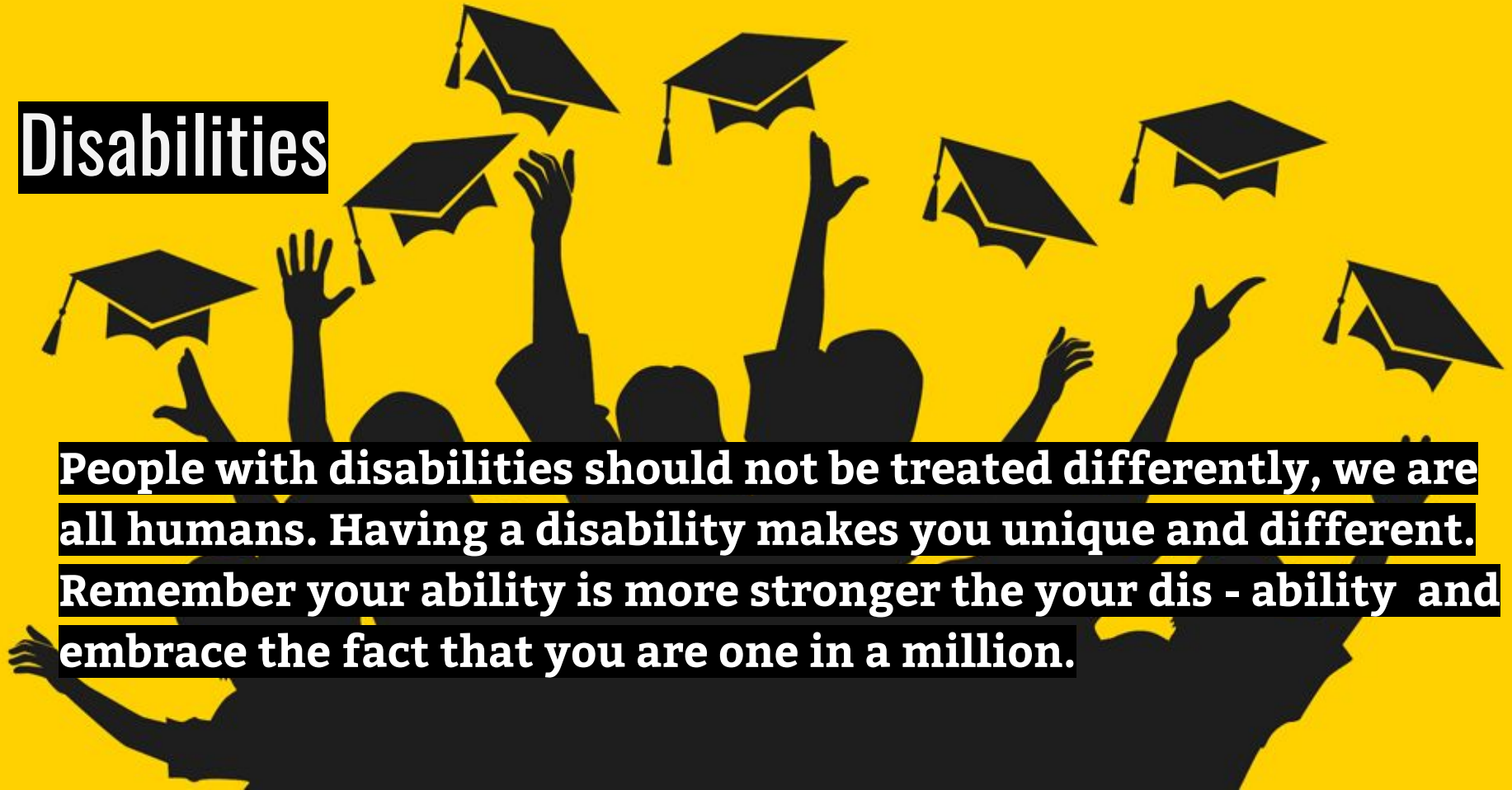
Be Unique

You don’t have to be the same as everyone else, paying attention to the words people say and using it to hide the real you to “ Fit it ”. Every single person is different in their own ways but our differences is what makes unique and beautiful. Some people might not like the way you laugh or how you talk but be yourself because being an original is better than being a copy. Dr Seuss quotes “ why fit in when you were born to stand out”.

Different Cultures

Being a certain culture does not determine if we are smart or not, either being an Asian, Indian or a Pacific islander. Our cultures are all amazing and we need to express them in our own ways, either teaching them your language or cultural dances because your culture is your own brand.

Disabilities

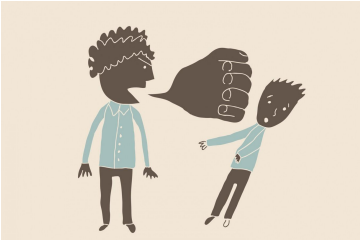


People with disabilities should not be treated differently, we are all humans. Having a disability makes you unique and different. Remember your ability is more stronger the your dis - ability and embrace the fact that you are one in a million.

Types of Bullying

Verbal

Calling someone nasty names, teasing or threatening and racial slurs.



Physical

Hitting,kicking,pinching,slapping or pushing.

Cyber Bullying

Using the internet to : Send mean texts, share private information and post inappropriate photos.

Social bullying

Spreading rumours or telling lies,leaving someone out on purpose,embarrassing someone in public.

Quotesm,./v

When people hurt you over and over, think of them like sandpaper. They may scratch and hurt you a bit, but in the end, you end up polished and they end up useless.

Your skin isn't paper, don't cut it.
Your face isn't a mask don't hide it.
Your size isn't a book, don't judge it.
Your life isn't a film, don't end it.

"Having swag isn't about what you wear or your hair style but about being confident in yourself"

BE YOURSELF
BECAUSE AN ORIGINAL IS WORTH MORE THAN A COPY