



Bullying-Free
New Zealand
week



Respect, Honesty, Excellence, Responsibility, Courtesy

How bullying affects people

All people can be different when it comes to being bullied yet these are the most common short term effects:

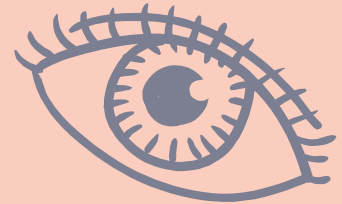
- Changes in eating habits
- Signs of depression
- Low self esteem
- May get more poor results in school than usual
- Poor amounts of sleep
- More likely to get sick



How bullying affects people part 2

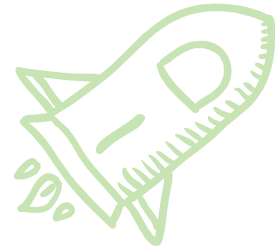
Long term effects of bullying for the victim can include:

- Depression
- Anxiety
- Poor general health
- Self-destructive behavior (self harm etc.)
- Substance abuse
- Increased risk of suicidal thoughts
- Post-traumatic stress disorder
- Difficulty trusting people (eg friends)



What is the resolution to bullying?

- Contact people:
0800 54 37 54 - Kidsline
0800 37 66 33 - Youthline
0800 543 354 - Lifeline



- Talk to someone you trust. (E.g Your mum/dad/caregiver)
- Talk it out with the person who has been treating you wrongly.
- Get a mediator



What actually is bullying?



A bully is a person who seeks to harm or intimidate someone or a group. There are three types of bullying: Verbal, social and physical.

Verbal:

- Teasing
- Name calling
- Inappropriate comments
- Threatening to cause harm

Social:

- Leaving someone out on purpose
- Embarrassing someone in public

Physical:

- Hitting, kicking, punching
- Tripping, pushing and spitting

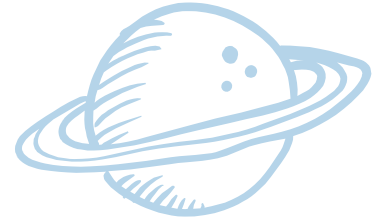


What can we do to help?

- Treat everyone with respect (you don't know who's being bullied)
- If you see someone being bullied stand up to the bully for them or talk to an adult
- Come up with ideas to make your community bully free!
- Stand together for pink shirt day! :)



Celebrating being us!



What we wear doesn't determine how we act or who we are on the inside. As young children grow it is important that they know it's okay to be different and we should never be ashamed by it. Uniqueness is a good thing to have in the world, if everyone was the same our world would be very boring. Express your unique side, you'll feel much better about what's going on if you show who you are. Everything from how you were raised to how your childhood was all makes up you. Everyone's upbringing is different so why should we be ashamed? Go out and make a difference today!

*The
end*

