



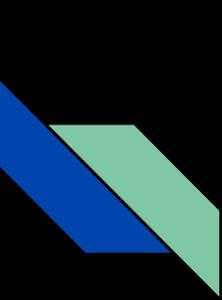
# Bullying-Free NZ

By Lexis and Marc



## What we will be doing.

We will be explaining what bullying is, how to spot signs of bullying, explaining how to use your wits and what to do if it keeps happening.



## What is bullying and how to spot signs of bullying.

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Bullying is something that repeats itself, is on purpose and shuts down the person who is being bullied. Bullying is something bad that shouldn't ever happen and should never be repeated.

Some signs of being bullied is if it annoys you, it keeps on happening or cause physical harm or emotional damage to someone. If you are bullied and it still hasn't stopped, you should use what is on the next slide.



## Use wits which stands for

- W walk away if they start to really annoy you
- I ignore them if they are saying mean words.
- T Talk it out by saying stop it I don't like it!
- S seek help which means tell the teacher or parents for help.



So, pretend you are at school and you were just minding your own business until someone came and started to like annoy you and you don't like it. Instead of being grumpy, you should just use your wits and use the first letter which is W which means walk away from them if you feel annoyed.



If he comes again in morning tea and he starts to poke you and say mean words to you again then Instead of punching him out of anger, you should just use your second letter of wits which is I for ignore. Ignoring him would solve the problem because if you never reply back to him, he would eventually get bored and leave you alone. However this isn't always what happens.



If the bully keeps annoying you and none of the other Letters helped, you should use your next letter of wits which is T. T stands for talk it out, when you talk it out and explain to him why you don't like it, the bully might listen and leave you alone.



So if none of the other letters work and you are about to burst out of anger, then you should use the next letter which is S. S stands for seek help which means tell the teacher or your parents so that the bully will learn his lesson and won't bully anyone for the the rest of his life.



This is the end of  
our presentation  
of how to stand up  
to bullying.



Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will he will never leave you nor forsake you.”

Deuteronomy 31:6

