IF YOU WERE THE BULLIED



The bulling is when someone suffers from physical or mental violences every day.

The cyberbulling is when you insult someone on the internet every day.



Tips for the bullied kids:

- -You should talk to an adult or a good friend.
- -You'd better not stay alone.
- -You ought to defend yourself.
- -You shouldn't keep everything to yourself.
- -You'd better block your bully

Tips for the bully:

- -You should think if what you are doing is funny or not.
- -You ought to think to the consequences for the bullied.
- -You'd better « put yourself in the victim's shoes. »



THE CONSEQUENCES ON THE BULLIED:

The bullying can cause depression and anxiety
They might lose interest in the activities they enjoy...