

**Always tell
your parents**



Trinidad and Tobago Police Service



how upset you are so that they can help you. You need their support. Every day you go in to school is a triumph over the bullies because you're showing them that you have every right to be there and that their behaviour hasn't upset you as they'd hoped.

If you or somebody you know has been a victim of bullying, contact Childline Hotline 24/7 for free, confidential help at **131 or 800-4321**

Or

Student Support Services Division
Ministry of Education
625-7935

Or

Trinidad and Tobago Police Service
Community Policing Secretariat
Riverside Plaza, Port of Spain
625-3275



 www.ttps.gov.tt

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**Be a BUDDY.
Not a BULLY.
Tell somebody!**
**Respect Me,
Respect You**



What is Bullying?

- Physical (When someone pushes you, hits you or harms you in any way physically)
- Name Calling (When someone calls you hurtful names, because you are different)
- Social (Leaving out, making plans and excluding others, etc.)
- Cyberbullying (being bullied online, via mobile phone or on social networks)
- Sexual (bullying includes unwanted sexual advances/comments and sexual rumours)
- Extortion (The act of using force or threats to force people to hand over their money or demand for favours).

Bullying is a repetitive, harmful act carried out by a person or a group of persons. Any form of bullying is unacceptable.

Bullying itself is not a specific criminal offence however some types of harassing or threatening behaviour – or communications – could be criminal offences.

What to Do If You're Bullied

- Look at the person bullying you and tell him or her to **STOP** in a calm, clear voice.
- Try to laugh it off. This works best if joking is easy for you. It could catch the person bullying you off guard.
- Walk away and stay away.
- Don't fight back.
- Find an adult to stop the bullying on the spot.
- Talk to an adult you trust. Don't keep your feelings inside. Telling someone can help you feel less alone. They can help you make a plan to stop the bullying.
- Stay away from places where bullying happens.
- Stay near adults and other students who are alike. Most bullying happens when adults aren't around.



Don't Stay Away From School

Sometimes, when you're very unhappy, you might want to stay at home to avoid the bullies because you're afraid of what they might do to you.