

Remain calm & don't show your feelings



Minimize your reactions

Try & use humour to distract



Distract yourself with something

positive

Pretend you don't notice them



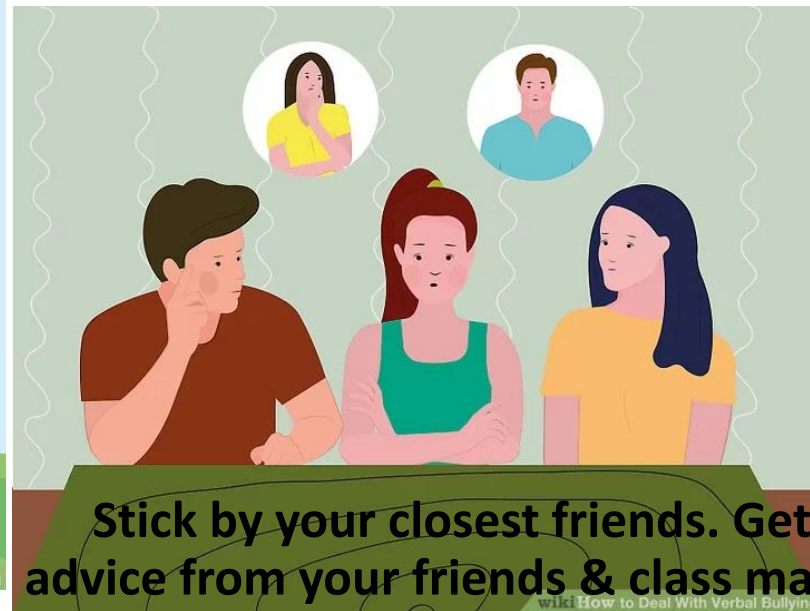
Ignore & walk away if you can

How to avoid bullying

Avoid being alone



Avoid being near bullies or places where bullying happens



Stick by your closest friends. Get advice from your friends & class mates



Know a safe space to go to.



How to **stop** bullying

