

Shine Bright 4e - Snapfile 9 Be the change

What is bullying?, p. 92

Bullying is when someone...

- Keeps picking on¹ you again and again
- Makes fun of you a lot
- Tells other kids not to be your friend
- Tries to make you feel bad about who you are
- Tells nasty² stories about you
- Keeps hitting³ or pushing you around

Bullying can happen...

To anybody, anytime, anywhere, any way

Help make our school a bullying-free NZ School!

Together we can stop bullying at our school

bullyingfree.nz, led by the Ministry of Education, New Zealand

Government.

1. criticising, being unkind to **2.** unkind **3.** Frapper

Infographie, Doc 3 p. 93

94%

94% of NZ teachers said bullying occurs at their school.

Around 45%

Around 45% of NZ teachers and staff said verbal & social bullying was brought to their attention once a week, while 25% heard of physical bullying once a week.

46%

46% believe cyberbullying occurs mainly between the ages of 11-14.

Source: kidspot.co.nz.

Affiche Pinkshirtday, Doc 2 p. 95

Will you be a bystander or an **upstander**?

If you see someone being bullied, call it out, stand beside them and let them know they're not alone.

Learn how to be an Upstander: pinkshirtday.org.nz/upstander

pinkshirtday.org.nz, led by the Mental Health Foundation of New Zealand.