



To be the best we can be.

Change starts with  
US.

# Bullying...

- Bullying is unwanted, aggressive behaviour that involves a real or perceived power imbalance. The behaviour is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumours, attacking someone physically or verbally, and excluding someone from a group on purpose.

Bullying is a repetitive act that occurs over time. This differentiates bullying from aggressive acts that occur only once.

- Bullying involves an imbalance of power between the bully and the victim

Bullying is when you keep picking on someone because you think you're cooler, smarter, stronger or better than them.



Whether it is

- \* verbal,
- \* physical,
- \* online
- \* or in person,

bullying has a significant impact on a person's life.



By making small, simple changes, we can break this cycle and create a safe environment for everyone. Because together, we can challenge bullying.

Change starts with conversation. It starts with checking in. It starts with working together.

- Change starts here.
- Change starts now.
- Change starts with us.





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