

Great Start Karate Bully Free Zone

- **YOU ARE BEING BULLIED** if another kid scares you, hurts you, calls you bad names, says bad things about you, makes you do things you don't want to do, tells you which kids you can, and can't talk to, steals or breaks your things.
- **TELL SOMEONE...** a teacher, principal, parent, grand parent, or trusted adult.
- **MOST OF THE TIME** avoiding, ignoring, joking around or having words with the bullies will not work.
- **IF YOU DON'T TELL**, things might get worse.
- **IF YOU ARE BEING BULLIED**, you are not alone. everyone gets bullied at some point.
- **BE BRAVE, BOLD, SMART AND SAFE.** It's okay to be scared. Telling is the right thing to do.

