

What is BULLYING?

It's when someone...



Verbally makes threats or insulting comments

Digitally texts or posts inappropriate messages or pictures

Socially spreads lies or creates exclusion

Controls through manipulation of power

Physically pushes or hits

*Kōrero Mai, Kōrero Atu, Mauri Tū, Mauri Ora!
Speak Up, Stand Together, Stop Bullying!*

BULLYING CAN HAPPEN...TO ANYBODY, ANYTIME, ANYWHERE, ANY WAY. Together we can stop bullying at our campus.

Y003EE

COLLEGE OF CREATIVE INNOVATION

Healthcare Academy of New Zealand

NZ New Zealand School of Tourism

Elite School of Beauty & Spa

cut above academy

If you see BULLYING...

Don't stand by and let it happen!



What can you do?

*Talk to a trainer/tutor,
inform campus staff*

*Don't laugh and join in,
be kind to the person
being bullied*

*Ask the person
being bullied to
join you and your
friends*

*Show them
you care, tell
them no one
deserves to be
bullied*

*Support
them in moving
away from the
situation*

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I am being BULLIED



What can you do?

*Surround
yourself with
kind people*

*Move away from
the meanness*

*Talk about how it
makes you feel*

*Tell
them
'No' or
'Stop'*

*Tell a
trusted
friend*

Get help from staff

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**IT'S NOT YOUR FAULT...
ABSOLUTELY NOT, NEVER, NO WAY, NŌWHEA.
Together we can stop bullying at our campus.**

Being bullied MAKES YOU FEEL...



*Don't want to
go to class*

Embarrassed

*feeling sick
& anxious*

Scared

*Sad &
lonely*

*Hurt
& angry*

Unfocused

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**BE A FRIEND TIAKI, MANAAKI, LISTEN, INCLUDE.
Together we can stop bullying at our campus.**