Are you a bully? If you find that you are bullying someone, either at school, at home, in your neighbourhood or online, ask someone you trust for help.

Bullying is very hurtful. Friends do not bully each other.

Be a friend, not a bully!

If you are being bullied, tell someone you trust or call The Crisis Centre on 328.0922 or 322.4999

We are here to help. You deserve to be safe.

The Crisis Centre offers free counselling to men, women, teenagers and children who are experiencing any form of abuse or family violence.

The Crisis Centre
24-Hour Hotline 328-0922
PO Box EE-17910
Nassau, Bahamas
bahamas crisiscentre@yahoo.com
www.bahamas crisiscentre.org
If anyone threatens you online or if any one is saying unkind things about you online, tell someone you trust immediately. Don't keep it to yourself.

Encourage your friends to be careful online too. And if one of your friends tells you they are being bullied, let them know they should report it to someone they trust, like a teacher, a parent or guardian or another adult.

Being bullied online can be very upsetting. Ask for help.

Nobody has the right to bully anybody.

When you start using the Internet, you must be extra careful. There are bullies on the Internet too. You must always let your parents know who you chat with online.

Never chat with people you do not know and do not lend your phone to anyone else.

Never upload personal information or photos of yourself that could be used to embarrass you.

Bullies come in all shapes and sizes.

There are different types of bullies. Some bullies push and hit, some use unkind words.

Some take away your lunch or money.

Bullying in any form is WRONG!